

Speaker Kit

Lauren Zoeller



SPEAKER & ENTREPRENEUR

ABOUT LAUREN

Lauren Zoeller is a 7-figure entrepreneur, host of The Aligned Love podcast, speaker, and author.

As the Founder of The Aligned Love Experience™, Lauren is an expert practitioner in reparenting, generational healing and Somatic Experiencing. Through her work, she created the proprietary Voice Activation Method™ that has been used to help thousands of men and women heal from past trauma and take ownership of their future.

She is a certified dating & relationship coach and her insights have been featured on The Drew Barrymore Show, The NY Post, Business Insider, Medium, NBC News, Goal Cast, SHAPE magazine and other international media outlets.

Lauren is a featured contributor for Ask Us Beauty, a unique magazine and membership platform that redefines beauty by helping women choose what beauty means to them both inside and out. She often speaks on topics such as Embodiment, Attachment Theory, Somatic Experiencing and Leadership.

Her business endeavors are dedicated to helping build schools for underprivileged children in Honduras with The Boundless Foundation, a philanthropic organization whose mission is to end generational cycles of scarcity and poverty.

FEATURED IN

NEW YORK POST

GREATIST



the DREW
barrymore show

healthline

Goalcast

SHAPE

**BUSINESS
INSIDER**

Medium



5 Reasons to Book Lauren



Courageous

Your audience will leave empowered. Lauren will disarm shame by sharing vulnerable stories that showcase the power of authenticity.

Expertise

Your audience will leave educated. Lauren understands the science behind the nervous system and how it impacts the ability for relationships to thrive.

Transformation

Your audience will leave feeling seen and heard. Lauren's ability to weave past experiences into everyday occurrences will give context for deeper self connection and reflection.

Fascinating

Your audience will gain a new perspective on life. Lauren's speaking style is thought-provoking and fresh. She is committed to creating a life changing experience that leaves listeners empowered.

Tangible

Your audience will be inspired to take action and make a change. She will provide exercises on how to connect to your body and shift your reality to show up differently in the world.



Program Descriptions

The Science of Worthiness

HOW TO RADICALLY TRANSFORM YOUR LIFE

PROGRAM BIO

Imagine a life that is exactly what you always wanted and never thought was possible. Or maybe you do believe it's possible but feel like you haven't quite figured out the formula to having it all.

Here's why many of us were unknowingly taught at a young age that our worthiness is dependent on someone else's happiness. We have been conditioned, through the dysregulated fawn response, to people please and hide our truth in order to emotionally survive. Over time, this becomes detrimental to our ability to discover and live in alignment with the life we deeply desire.

As a somatic relationship expert, Lauren Zoeller explains the science of worthiness through the lens of the nervous system. Her story of finding her voice flips personal development on its head by eliminating common misconceptions of what it takes to actually transform your life.

Defining moments don't have to define you. It's time to let science show you how to reclaim your worth.

TAKEAWAYS

Leaving this presentation your audience will:

- Identify your core stories of limitation and how to not let them define you
- Learn about the fawn survival response pattern and how it inhibits your inability to have the life you desire
- Create a voice activation practice that allows you to operate from truth
- Develop methods to tap into your intuition that drive your decisions
- Understand how the Activation/Deactivation Cycle impacts the ability to create conscious connection

NON-CORPORATE PROGRAM

The Embodiment of Dating & Relationships

REDEFINING YOUR
APPROACH TO
DATING &
RELATIONSHIPS

PROGRAM BIO

Imagine a relationship that is exactly what you always wanted and never thought was possible.

Unfortunately, we have been conditioned as humans to be reactionary. These reactions are physical indicators that there is a perceived threat to our ability to feel 100% safe and secure. Over time, these responses will become detrimental to your ability to find and keep the love you desire.

The mutual attraction will lessen, respect will be lost, and worst of all – trust will be broken.

As a somatic relationship expert, Lauren Zoeller flips dating and relationships on their head by eliminating common misconceptions of what finding and keeping love looks like.

The old way of swiping, manifesting, and hoping has got to go. It's time to become an Aligned Attractor.

TAKEAWAYS

Leaving this presentation your audience will:

- Identify patterns that occur in relationships and how to change them
- Learn the 4 survival response patterns and how they show up in the dating and relationship world
- Create a self-regulation practice that allows you to build a healthy attachment style
- Develop methods to tap into your intuition that drive your decisions
- Understand how the Activation/Deactivation Cycle impacts the ability to create conscious connection

CORPORATE PROGRAM

The Embodiment of Leadership

REDEFINING WHAT MAKES A GREAT LEADER

PROGRAM BIO

Imagine a leadership team that is transparent, collaborative, and drama-free.

Unfortunately, we have been conditioned as humans to be reactionary. These reactions are physical indicators that there is a perceived threat to our ability to achieve a desired outcome. Over time, these responses will become detrimental to your organization.

Relationships will weaken, respect will be lost, and worst of all – trust will be broken.

As a somatic relationship expert, Lauren Zoeller flips leadership on its head by eliminating common misconceptions of what conscious leadership looks like.

The old way of leading is no longer the way. It's time to become an Aligned Leader.

TAKEAWAYS

Leaving this presentation your audience will:

- Identify patterns that occur in activation and how to change them
- Learn the 4 survival response patterns and how they show up at work
- Create an environment that drives team cohesion through secure leadership
- Develop methods that produce win/wins through self-regulation
- Understand how the Activation/Deactivation Cycle impacts the ability to create connection to effectively lead



“Success in your life
has very little to do
with what you’re
doing and everything
to do with who
you’re being.”

-LAUREN ZOELLER



Media Reach



In the Media

Lauren's insights have been featured on The Drew Barrymore Show, The NY Post, Business Insider, Medium, NBC News, Goal Cast, SHAPE magazine and other international media outlets.

MEDIA APPEARANCES

- [The NY Post](#)
- [The Drew Barrymore Show](#)
- [Medium](#)
- [NBC News](#)
- [Shape Magazine](#)

“

Zoeller's story is a fascinating one; a lesson in self-belief, determination and the satisfaction that she isn't just helping herself, but others as well.

- PURE LIVING NASHVILLE

NEW YORK POST

the
DREW
barrymore show

healthline

Goalcast

GREATIST


NBC NEWS

SHAPE

**BUSINESS
INSIDER**

 **Medium**

More Media Appearances

[News 4 Jacksonville](#)

[The Love Fix Podcast](#)

[EXPAND Podcast](#)

[Thrive Global](#)

[The Wealth and Wellness Podcast](#)

[Money INC.](#)

[Teach Me How To Adult Podcast](#)

[Pure Living Nashville](#)

[KIVO Daily](#)

[Ask Us Beauty](#)

[Healthline](#)

[Greatist 1](#)

[Greatist 2](#)

[WSMV Nashville](#)

[Bare Minerals Article](#)

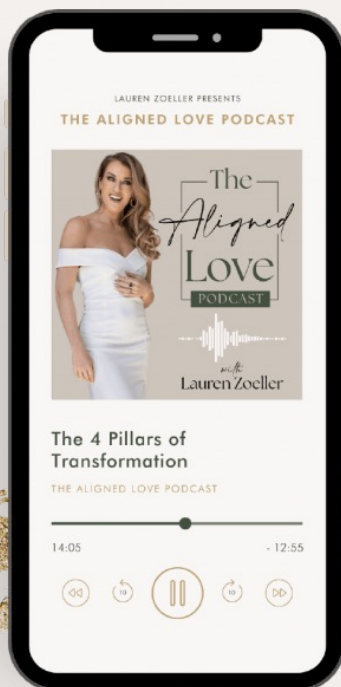
[Total Beauty](#)

LAUREN'S PODCAST

The Aligned Love Podcast

Lauren's expert approach to attracting love, living in alignment and elevating your deepest relationships.

Listen [here](#).



50K

DOWNLOADS



4.8/5

RATING



7,400+  EMAIL SUBSCRIBERS

Social Media Following



27,200+

FOLLOWERS

Nashville, New York, Louisville,
Los Angeles, Toronto

69.6% Women | 30.3% Men
25-34 (35.1%) | 35-44 (35.9%) | 45-54 (15.5%)



29,700+

FOLLOWERS

91.2% Men | 8.8% Women
25-34 (35.9%) 35-44 (23.5%)



1,550+

CONNECTIONS

(1,500+ Contacts)



92,200+

FOLLOWERS

(580,000+ Likes)



Lauren Zoeller 
LOVE+RELATIONSHIP COACH

Testimonials

Testimonials



The life I live today is much different than the life I was living when I first heard Lauren speak. I was confused and heart broken and I had not healed from my own childhood wounds. Her framework taught me how to take radical responsibility and it completely changed my life. My relationships are richer and I am more honest than ever before. I now live in full alignment and I have found my soul mate. My business and life are thriving and my days are filled with complete joy. Life has never been more fulfilling. Also, to top it off, my nonprofit has built one school in Honduras and we are on schedule to build 4 more this year! It seems like God and the universe are delivering my dream life because I found Lauren. I thank Lauren for being there as a catalyst. So much love for her and the work she teaches.

Shannon Rizzo,
CEO of Shannon Rizzo Companies &
Boundless Planet, Founder of
Boundless Foundation



If you're feeling unhappy or unfulfilled in your life, or if you're looking for love, hearing Lauren speak is THE answer you've been looking for. It was because of her and her inspiration that I was able to let go of toxic patterns and finally began to use my voice to set boundaries. I attracted a different type of man (one that I didn't believe existed before) because of Lauren, and that man I found makes me feel loved, seen, and safe. Book Lauren to speak. Just do it. She will show you and everyone listening that they are worthy of real, wonderful, fulfilling love and a life that feels alive.

Jenn Barlow,
Owner The GlamDen Aesthetic Spa



Lauren is truly a genius for busy professionals looking to find love and an aligned life.

**Angela Yee;
VP Product Development,
WeWork**



The most significant shift that occurred as a result of hearing Lauren speak was realizing that I can have it all.

**Robbie Goldsmith;
Chief Executive Officer,
Silverbelly Whiskey**



Hearing Lauren speak helped my team replace stress with peace, confidence and excitement. She truly helped us identify the things that hold us back, as well as the things that are waiting for us if we just say yes.

**Carolyn Fredericks;
Executive Assistant,
White Deer Energy**



I am so grateful for Lauren. The impact she had on my life is next level and I highly suggest booking her to speak for anyone looking for deeper love and an aligned life.

**Melody Shaw;
Appraisal Coordinator,
Citi Bank**



Booking Info

Fee Schedule

US, Canada and Mexico

60 -90 Minute Keynote	\$ 5,500
Half day (up to 4 hours)	\$ 8,000
Full Day (up to 8 hours)	\$ 10,000
2 Full Days	\$ 17,500

Europe, Asia and Australia

60 -90 Minute Keynote	\$ 8,000
Half day (up to 4 hours)	\$ 13,500
Full Day (up to 8 hours)	\$ 15,500
2 Full Days	\$ 22,500

Non-Profit and Education

60 -90 Minute Keynote	\$ 3,500
Half day (up to 4 hours)	\$ 5,500

IMPORTANT

Please email for pricing on custom programs.

Flat 10% discount for all Nashville speaking engagements.

We recommend a \$1,500 travel buyout for airfare, ground and food for all US speaking engagements. Hotel to be booked and direct billed by client.

International engagements must include business class airfare, minimum of 2 nights hotel, ground transportation, and food.

BOOK LAUREN



To book Lauren Zoeller
for your next event,
please contact her
team at
info@laurenzoeller.com



WWW.LAURENZOELLER.COM

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