

Lauren R. Wells

Speaker | Strategist | Educator

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Meet Lauren

Lauren R. Wells is a dynamic speaker and educator who blends strategy, story, and cultural clarity to spark transformative conversations. With a background in communications, leadership, and customer success, she helps organizations, campuses, and communities navigate change with confidence. Whether she's speaking in a boardroom or a classroom, Lauren empowers her audience to speak with power, lead with purpose, and create a life and career that reflect their full worth.



Signature Speaking Topics

Corporate & Professional Development

- Communicating with Power: How Women Can Speak Up Without Shrinking
- LinkedIn Like a Leader: Positioning Yourself as a Subject Matter Expert
- Strategic Storytelling at Work: Influence, Impress, and Inspire
- Boundaries, Burnout, and Balance: Leading Without Losing Yourself
- Speak Like a Leader: Executive Communication for Every Stage of Your Career
- Protect Your Peace: Setting Boundaries While Still Showing Up Powerfully

Academic & Campus Talks

- Bridging the Gap: Helping Students Transition from College to Career
- Feminist Leadership: Building Inclusive Cultures from the Inside Out
- Beyond the Stereotype: The Representation of Minorities in Film and Media

Keynotes & Motivation

- Level Up Season: Confidence, Clarity & Career Strategy for Women Ready for More

- Reclaiming Your Time, Talent, and Voice in Spaces That Weren't Built for You
- Strong, Soft, and Unapologetically Well: Reclaiming Wellness as a Black Woman

To bring Lauren to your next event, panel, or training, visit www.laurenrwells.com or email Lauren@Laurenrwells.com.