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*LAUREN GRACE
INSPIRATIONS*

Keynote Speaker



A professional headshot of a woman with dark hair, smiling warmly at the camera. She is wearing a dark blue blazer over a patterned top.

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YOU ARE WELCOME HERE

Lauren Grace Inspirations

My name is Lauren Grace.

I am the owner/operator of Lauren Grace Inspirations.

I'm an expert in time management, content creation and mindset work. My specialty is working with overwhelmed or unmotivated business owners and service providers who want to get organized and motivated, review their current business practices, and kickstart their journey to further success!

I work with clients to build confidence, develop self-awareness, prioritize self-care, deal with overwhelm, learn to say no, and design a life of their dreams.

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Are you looking for an unforgettable speech?

With a career spanning over 20 years, Lauren Grace has excelled as a radio announcer, emcee, performer and artist.

She has produced and performed at hundreds of events ranging from intimate artist launches to Canada Day celebrations to nightclub extravaganzas.

Lauren is a powerful and motivational speaker who has an uncanny ability to inspire all who listen to her.

She is currently the host of The Afterlight Podcast, which has been dubbed as one of the “best 10 Australian spiritual podcasts you must follow in 2022,” according to Feedspot.

Lauren is hugely passionate about all things wellbeing and business.

Book her for your next event!



Topics

Purpose

Lauren will inspire your team to find their purpose, get behind their why and identify their values. Building upon their goals will increase enthusiasm, passion and energy in the workplace.

Productivity + Time Management

Lauren will share powerful practical productivity tips and the tried and tested Get PADE Method to help your team with strategies to improve their performance RIGHT NOW.

Mindfulness

In this powerful presentation, Lauren will encourage your team to get clear on their limiting beliefs so they can let the past go and make way for a beautiful and fulfilling future.

Meaning

Lauren helps teams get clear on who they want to be and what is stopping them from achieving their vision. Lauren will encourage your team to get clear on how they feel about themselves and create space for more self-care and self-love.

Leadership

Lauren will work with your team to develop effective team building, strong leadership skills and self-awareness.

Topics

Content Creation

Lauren will work with your team to find innovative ways to market and promote their unique messages in this interactive presentation. She will demonstrate a powerful hands-on method of re-purposing content and up levelling your brand.

Clarity

In this interactive presentation, Lauren will help your team develop and grow the skills necessary to create boundaries, learn to say no and deal with overwhelm while maintaining powerful workplace relationships.

Success at Work

In this presentation, Lauren merges the fundamentals of work and life so teams can succeed in and out of the workplace.



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LET'S WORK TOGETHER!

Lauren Grace Inspirations

To discuss your event with me, please email through the following details:

Date:

Time:

Location:

Industry:

Length of Keynote/Presentation:

Suggested topics:

Audience size:

Any additional information:

Email your details to: Lauren@LaurenGraceInspirations.com
and I will get back to you.