



## BIOGRAPHY



As the daughter of a career Air Force officer, Lauren Schieffer grew up being uprooted and relocated every couple of years. This imbued her with a profound independence and ability to adapt to changing circumstances. The lessons she learned from “The Colonel” have helped her make smart decisions and overcome adversity with humility and a sense of humor.

Lauren has navigated just about every aspect of corporate America in her varied career – from trucking to achieving top-tier Sales Director status for a global cosmetics firm to managing a non-profit foundation. In her speaking career, she has presented in seven countries to associations, organizations, federal, state and local governments, as well as Fortune 500 companies - helping them improve the effectiveness of their communication and reduce unnecessary conflict.

Lauren is a Certified Speaking Professional through the NSA and IFFPS. Able to relate to and energize everyone from the custodial staff to C-Level executives, Lauren is a master storyteller, delivering insightful, inspirational and relevant content that empowers people to absorb and act upon what they've heard – and she does so in an entertaining manner with a dry sense of humor that keeps them chuckling while they're learning.

Her enthusiasm is infectious and her passion unmistakable.

