

LAUREN WIDRICK

Coach | Speaker + Emcee | Conference Host | Comedian

Lauren Widrick is a professional coach, speaker, community builder, course creator, podcaster, journal author, conference host...and her mission is to help you Grab Life by the Goals! She's a "motivational comedian" which means you'll laugh while you learn, get lit up from the inside, and have clear actions you can apply immediately. She brings her 15+ years in corporate leadership, 7+ years of coaching + entrepreneurship, and her own inspiring (and hilarious) stories of achieving impossible goals...including the gnarly failure stories along the way.



Featured On...

**GOOD DAY
CHARLOTTE**

WCNC

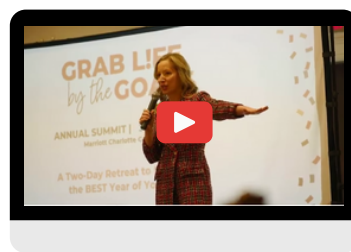
**CHARLOTTE
TODAY**



Speaking Topics

Formula to Achieve Impossible Goals
The Risk & Reward of Authenticity
Life Vision Lab
Squashing Self-Sabotage
Massive Action Academy

Speaker Reel



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to watch!*

Clients



MOOD:MEDIA™

BOHLER //



**...and over 150
entrepreneurs!**

Stats + Facts

- 3 major conferences hosted
- 11,000+ podcast downloads
- 10,000+ combined followers
- 20+ podcast appearances
- 9 television appearances
- 3 signature courses published
- Published journal author
- Trained standup comedian

Booking Inquiries: lauren@laurenwidrick.com

KEYNOTE DETAILS

The Formula to Achieve Impossible Goals

Do you have a dream that feels "impossible"? Launching a business, writing a book, running a marathon, investing in real estate, crushing your sales goals, or traveling the world?

What if I told you there's a formula you can apply to achieve those "impossible" goals? There is. The formula includes radical clarity, "cheat-code" goals, clinical trials, creating support systems, crushing your blockers, and confidence bootcamp.

In this keynote, you'll hear real-life examples of how I applied these methods to achieve impossible, illogical goals when I didn't have the time, money, or even motivation to do so. You'll leave with a framework you can apply immediately to make any goal unf*ckablewith!

Life Vision Lab

Most people get goal-setting entirely wrong...which is why 92% of them fail within 2 weeks of being set. If you're not manifesting, it's because you're missing Clarity and Conviction...and the Life Vision Lab will help you create it. In this workshop, you'll learn to create your Personal Manifesto with a 4-step formula that I've been using for years with myself and my clients.

I've used the Life Vision Lab method to manifest my dream business, hosting high-end conferences, international travel, real estate investments, published journal, peak physical shape, and so much more. You'll leave with your own personal manifesto on paper!

The Risk + Reward of Authenticity

The secret to the life + impact you desire is full expression...so, why is it so damn hard to be ourselves? It's the fear of OPP: Other People's Perceptions, and it's the #1 blocker I've seen in my 7 years of coaching. But once you fully express your spicy, spiky, special viewpoints, you'll magnetize the people and opportunities you need (and filter out those that don't serve you).

I'll share real stories of shedding my old (fake) identity as a perfectly polished corporate robot...to let my freak flag out, and how it changed my entire business and life. Once I stopped trying to be "perfect", my dream clients were magnetized to me, I attracted new friends into my inner circle, and finally felt at home in my own life.

In this keynote, we'll cover:

- Being radically honest with your self about who you are and what you stand for
- Why it's okay to NOT be everyone's cup of tea
- Ways to begin expressing your inner "freak flag" in a way that serves the world

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