

Lauren Michelle Jackson

LCPC · LPC · CDVP · CERTIFIED LIFE COACH

"Clinical expertise that transforms how leadership teams perform — without burning out the people at the top."

Licensed Clinical Professional Counselor · CEO of Cultivate Your Essence® · Corporate Wellness Strategist · Media Mental Health Expert

What makes Lauren different: She's one of the few corporate wellness strategists who is also a Licensed Clinical Professional Counselor with 15+ years of clinical experience. She delivers evidence-based therapeutic transformation — not generic motivation — and is the creator of **The Leadership Sustainability Framework** and the **BWLSI™ / WLSI™** leadership-sustainability diagnostics that turn burnout into a measurable signal.

SIGNATURE SPEAKING TOPICS

The Art of Becoming — a transformational journey for high-achieving women, from survival to sustainable leadership.

Psychological Safety at Work — the clinical foundation beneath every high-performing team.

The Culturally Responsive Workplace — building mental-health equity into how you lead.

Crisis, Resilience & Recovery — trauma-informed leadership for cultures that hold under pressure.

Current Events & Media Psychology — clinical analysis of the cultural moment and its toll on mental health.

SPEAKING FORMATS

- Keynotes (virtual + in-person)
- Corporate wellness workshops & trainings
- Panel discussions & moderation
- Leadership retreats & offsites
- Executive mental health training
- Employee Resource Group (ERG) development
- Fireside chats & crisis-response planning

AUDIENCES

- Corporate & leadership events
- Professional associations & conferences
- Nonprofit & community organizations
- Healthcare & educational institutions

MEDIA AUTHORITY & FEATURED EXPERT

ESSENCE · ABC · NBC · FOX · WGN · iHEARTRADIO

WHAT LEADERS SAY

"What set Lauren apart was not just the richness of her content but its business relevance. She seamlessly connected personal development with professional growth and workplace well-being... I would gladly book her again."

— Alicia Carroll, Executive Director, Annalect (Omnicom Media Group)

Now booking — limited premium engagements each month.

Start with a complimentary 30-minute discovery call. Lauren then delivers a customized proposal tailored to your event, audience, and goals.

Book a consult: calendly.com/cultivateyouessence/speaking-services-consult