



Dr. Lauren Pitts

SPEAKER ★ COACH ★ CONSULTANT

JOURNEY WITH DR. PITTS & BE EMPOWERED!

*"Turning the adversities of
my life, into steppingstones
for others"*

Dr. Lauren D. Pitts is a Sports Mental Health Empowerment Coach and a Licensed Marriage & Family Therapist. Dr. Pitts' love for sports coupled with a bleeding heart for those who play them began at an incredibly young age. Born into a large family of sports lovers and scholar athletes, Dr. Pitts' love grew and greatly contributed to her own competitive spirit. Beyond cheerleading, Dr. Pitts did not engage in competitive play but did become a loyal and at times ferocious fan.

Dr. Lauren is here to help your Athletes reach the top of their game.

PRIMARY SERVICE AREAS

Performance Anxiety
Anger Management
Grief & Loss
Domestic Abuse/Violence
Family Conflict
Infidelity
Marital/Intimate Partner Discord
Trauma/PTSD
Impulse Control
Depression

SERVICES

Team Empowerment Coaching
Academic Achievement
Individual Coaching
Couples Coaching
Family Coaching
Pre-Marital Education & Empowerment
Youth Empowerment Coaching
Marital Coaching
DLPPC Individual, Couples and Team Boot Camps

www.drlaurendpitts.com



TESTIMONIALS

“During her speech, Dr. Pitts exhibited her high-energy, down-to-earth, personality, and the ability to manage the session around questions yet still conveying her key points and information. Attendees gave many compliments, stating that her presentation was refreshing and informative.”

Dionne L.

“I loved listening to Dr. Pitts speak. She was so engaging and charismatic. I felt everything she was saying and couldn’t wait to put into action all of her tools of communication she spoke of.”

Kacie H.

“I just wanted to take some time out to thank you for visiting with my students at Chiles High. They enjoyed your presentation so much to the point to where most of them ask me to ask you to come back. Truly, this is your calling. Again, thank you for sharing your knowledge with them and I am positive it was an experience they will not forget. I hope that this will not be your last visit.”

Brenda K.

“YOU HAVE A POWERFUL MESSAGE AND IT NEEDS TO BE HEARD.”

Mack M.

“Ms. Lauren Pitts is a native of Quinton and now well-traveled and experienced, particularly with getting teenage females into colleges across the nation. She would be a great addition to women’s leadership forums and a great human interest news article.”

Joseph S.

“I look forward to connecting with you”

Dr. Lauren



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With intimate connections to scholar athletes her entire life, it was in high school that she became intrigued by the toll competitive play took on the mental health of scholar and professional athletes. Athletes’ mental health was further compromised by unhealthy environmental conditions that often led to engagement in unhealthy and risky behaviors. Additionally, it quickly became apparent that the challenges athletes faced, also impacted their families and communities.

Dr. Pitts is particularly passionate about being an integral part of a healing and hope trajectory for ethnic minority scholar and professional athletes and their families. One size does not fit all and contributing to the holistic wellbeing of athletes and their families requires understanding of different experiences. Dr. Pitts is a firsthand witness of the multi-generational, systemic loss and devastation caused to families because of domestic violence, mental illness, substance abuse, gun violence, poverty, and the overall breakdown of the nuclear family. Dr. Pitts' tumultuous life serves as a compass guiding her to turn the adversities of her life into steppingstones for others.

Dr. Pitts earned a doctorate in Educational Leadership and Management and a master’s degree in Couple, Marriage and Family Therapy each from Drexel University. She earned a bachelor’s in Organizational Management from HBCU Edward Waters College and an associate degree in Hotel/Restaurant Management from Johnson & Wales University. Dr. Pitts has received numerous awards and recognition for her work in the areas of empowerment, education, community activism, clinical excellence, social justice, and equality.



Virtual presentations, coaching, and consultations are also available.

Visit www.drlaurenpitts.com for more detailed information.