



DR. LAUREN D. PITTS

THERAPIST | RELATIONSHIP COACH | SPEAKER

“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...”

SPEAKING TOPICS*

TAKE PERSONAL INVENTORY

Discusses the importance of taking personal inventory, how to take inventory of your life, the role of personality types to morals and interests, and how these truths define you as a person.

THE ATHLETE’S VISION, MISSION & VALUES

Discusses anchoring your choices via your athletic vision, mission and values can provide you with concrete pivot points in your life within and beyond involvement in sports.

READY TO GET REAL?

Discuss how learning who you are at your core can increase your courage and ability to be more real than you’ve ever been in your life resulting in a greater ability to live the life you can honestly say you love living.

*Speaking topics can be customized to fit the target audience.

ABOUT DR. PITTS

Dr. Lauren Pitts is a Licensed Marriage & Family Therapist, Life/Relationship Coach and Inspirational Speaker. Dr. Pitts’ life serves as a compass to achieve greatness and excellence because of and in spite of the extreme adversity and opposition she’s experienced throughout her life’s journey.

TARGET AREAS

- Mental Toughness
- Emotional Regulation
- Overcoming Adversity & Trauma
- Self-Care & Being Resilient
- Personal & Professional Development
- Conflict Management
- Performance Improvement
- Communicate to Lead
- Time Management

Connect



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