

DR. LAUREN D. PITTS

THERAPIST | SPEAKER | DEVELOPMENT COACH

EMPOWERING EDUCATORS

MENTAL HEALTH STRATEGIES FOR THE CLASSROOM

& MENTAL HEALTH SUPPORT

STRESS NAVIGATION FOR STUDENTS



INTRODUCTION

Dr. Lauren Pitts-Bounds is a Licensed Therapist, Inspirational Speaker, and Personal & Professional Development Coach. Dr. Pitts' life serves as a compass to aid her in turning the adversities of her life into transformative opportunities for others.

WHAT PEOPLE SAY

"I felt everything she was saying and couldn't wait to put into action all of her tools of communication."

"Her ability to connect with the audience and the depth of her knowledge are remarkable."

SPEAKING TOPICS

- ✓ Mental Health & Trauma
- ✓ Bullying
- ✓ Staff/Faculty Burnout
- ✓ Communication
- ✓ Performance Pressure
- ✓ School / Life Balance
- ✓ Staff Leadership Development

STAY CONNECTED
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BOOK DR. PITTS

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