



DR. LAUREN D. PITTS

THERAPIST | SPEAKER | DEVELOPMENT COACH

BUILDING RESILIENCE

TO OVERCOME MENTAL BARRIERS

& ENHANCING

MENTAL FORTITUDE FOR ATHLETES

SPEAKING TOPICS

- ✓ Mental Health & Trauma
- ✓ Substance use/Abuse
- ✓ Healthy Social Relationships
- ✓ Sexual Violence
- ✓ Performance Pressure
- ✓ Team Conflict
- ✓ Parent Expectations
- ✓ Communication
- ✓ Exploitation
- ✓ Time Management

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."

STAY CONNECTED
drlaurendpitts.com



BOOK DR. PITTS

lauren@drlaurendpitts.com