



# DR. LAUREN D. PITTS

THERAPIST | SPEAKER | DEVELOPMENT COACH

## EMPOWERING

A DIVERSE ARRAY OF GROUPS

## & ENCOURAGING

MENTAL HEALTH WELLNESS

## SPEAKING TOPICS

- ✓ Mental Health & Trauma
- ✓ Role Transitions
- ✓ Expectations
- ✓ Handling Anxiety
- ✓ Remaining Present
- ✓ Volunteer / Ministry / Life Balance
- ✓ Vocational Stress
- ✓ Boundaries
- ✓ Managing Conflict

## 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  
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BOOK DR. PITTS

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