

# JOURNEY WITH DR. PITTS & BE EMPOWERED!

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



## Dr. Lauren Pitts

SPEAKER • COACH • CONSULTANT

**"Dr. Lauren utilizes her gift as an effective verbal communicator and a dynamic motivational speaker...Ms. Pitts is organized, efficient, extremely competent, and has an excellent rapport with people of all ages. Her communication skills, both written and verbal, are excellent."**

**Velma R.**

### **BUILD TRUST, CREDIBILITY AND RESPECT**

This talk addresses the relationship between trust, credibility, and respect and provides principles and tools for restoring broken trust and building trust-driven relationships and environments.

### **COMMUNICATE TO LEAD**

This talk addresses integrity, listening well, shunning prejudices or preconceptions, restating, and speaking influentially and the ability to persuade others in order to make the difference in the quality of leader you are or become personally and/or professionally.

### **CONFLICT MANAGEMENT**

This talk explores winning approaches to govern conflict in a variety of situations. Established means and techniques that bring issues to the forefront will be taught with solution-focused strategies necessary to promote effective discussion with impartiality in order to find mutual ground.

### **FOCUS AND DISCIPLINE**

This talk provides guidance for prioritizing responsibilities related to past incidents, current primary challenges, and planning for the future.

### **MOTIVATIONAL LEADERSHIP**

This talk explores how student, scholar and professional athletes can cultivate an atmosphere where empowerment and motivation increases and athletes are inspired to flourish and maximize their levels of productivity.

### **IT TAKES A VILLAGE**

This is a motivating, inspiring, and entertaining talk with an emphasis on the influence of community support systems on athletes' psychological, sociological and educational outcomes.

### **YOUR OTHER SELF**

This talk discusses behaviors that may contribute to athletes' difficulty transitioning successfully in life after their sports career concludes. Dr. Pitts provides strategies to address the common challenges athletes face, the importance of rehabilitating their mind, the healing process and career exploration.

### **IDENTITY THEFT**

This talk addresses the identity challenges athletes experience as they consider life beyond sports, exploring other opportunities, diversifying one's self and societal perception of the athlete's identity.

### **YOU'RE STRONGER THAN YOU REALIZE**

The purpose of this talk is to assist the participants in taking charge of their mind and their life, understand how the adversities in life can be turned into opportunities for themselves and others and learn how to develop long lasting, loving and fulfilling relationships in every area of life.

### **IT'S HARD BEING A TEENAGER...YEAH OR NAW?**

This talk addresses the overwhelming adolescent phase of the life cycle including heartbreak, anxiety, low self-esteem and peer pressure. Strategies are provided to address: Gender role orientation, Self-Efficacy, Family and Peer Influences, Spiritual Influences as well as adolescent mental health.

Visit [www.drLaurenPitts.com](http://www.drLaurenPitts.com) for more detailed information.

## ABOUT DR. LAUREN PITTS

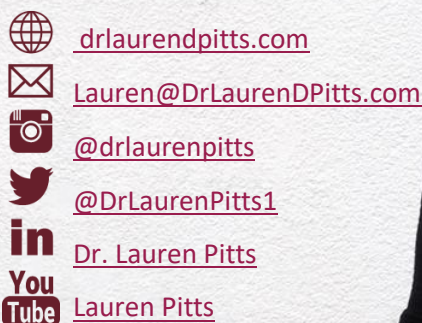
Couple, Marriage & Family Therapist. Dr. Pitts is also an Adjunct Instructor for Global Citizen Year - Global Citizen Academy and she serves the U.S. Department of State – Bureau of Educational and Cultural Affairs and the Institute of International Education as a Fulbright Alumni Ambassador and is a member of the Fulbright Specialist roster.

Dr. Pitts is a firsthand witness of the multi-generational, systemic loss and devastation caused to families as a result 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 setting her on a transforming trajectory to achieve greatness and excellence because of and in spite of extreme adversity and opposition.

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's 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.

*"I look forward to connecting with you"*

Dr. Lauren



Virtual presentations, coaching, and consultations are also available.



## 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.**

Visit [www.drlaurendpitts.com](http://www.drlaurendpitts.com) for more detailed information.