

## Lauren Parsons, CSP, AS

Lauren Parsons is a sought-after international speaker, author, and **expert in resilience, wellbeing, and leadership**. She's passionate about equipping busy professionals with powerful strategies to enhance energy, vitality and performance.

Named **NZ Keynote Speaker of the Year** and **Educator of the Year** for 2023/24 by the Professional Speakers Association, Lauren is one of only a handful of **Certified Speaking Professionals** and the only Toastmasters International [Accredited Speaker](#) in New Zealand. With over 20 years of experience, she's a TEDx speaker, author of [Thriving Leaders Thriving Teams](#), and host of the [Thrive TV Show](#).

Lauren blends her expertise in wellness, business, and leadership to be the only speaker worldwide focusing on the intersection of **boosting both wellbeing and productivity**. Described as dynamic, life-changing, and unforgettable, Lauren's presentations leave audiences inspired, uplifted, and ready to take immediate action.

Based in the **Manawatu, New Zealand**, Lauren lives with her husband, three children and a menagerie of animals. She travels regularly to speak at conferences and in-house, helping leaders **create positive, energised workplaces, where people thrive**.

See all the goodness at Lauren's "Free Stuff" page - [www.LaurenParsonsWellbeing.com](http://www.LaurenParsonsWellbeing.com)



**Short Bio:**

Lauren Parsons is an international speaker, author, and expert in resilience, wellbeing, and leadership. Passionate about helping busy professionals boost energy, vitality, and performance, Lauren was named NZ Keynote Speaker of the Year and Educator of the Year for 2023/24. With over 20 years' experience, Lauren is one of only a handful of Certified Speaking Professionals and the only Toastmasters International Accredited Speaker in New Zealand. A TEDx speaker and author of *Thriving Leaders Thriving Teams*, she's the only speaker worldwide focused on the intersection of wellbeing and productivity. Described as life-changing, and unforgettable, Lauren's presentations leave audiences inspired, energised, and ready to take immediate action. Visit [www.LaurenParsonsWellbeing.com](http://www.LaurenParsonsWellbeing.com)