



LAUREN MACKLER

Live boldly and ignite your life!

About Lauren Mackler

Lauren Mackler is a world-renowned coach, author, speaker, host of the LIFE KEYS radio show, and creator of the Illumineering™ Coaching method. She is the author of the international best-seller, *Solemate: Master the Art of Aloneness & Transform Your Life* and co-author of *Speaking of Success* with Jack Canfield, Stephen Covey, and Kenneth Blanchard.

Before entering the personal and professional development field, Lauren was a television host on the *PM Magazine* show and vocalist with the recording group, *Tuxedo Junction*. After attending a life-changing seminar in 1982, Lauren left the entertainment industry to become a psychotherapist and workshop facilitator. She lived in Germany for several years, where she gained national recognition for her pioneering work in combining the principles of psychoimmunology and holistic healing with psychodynamic psychotherapy.

In 1995, Lauren returned to the U.S. and spent the next several years in the corporate arena, leading Arthur Andersen's People Strategy consulting practice, and working as a management consultant and coach at Right Management.

In the aftermath of 9/11, Lauren became inspired to start a company dedicated to helping people liberate their greatest potential. In 2001, she founded Lauren Mackler & Associates, using her expertise in human behavior, relationships, work, and leadership to offer coaching, workshops, and professional training programs that have helped people around the world create the personal and professional lives to which they aspire.

In 2009, Lauren's book, *Solemate: Master the Art of Aloneness & Transform Your Life*, became an international best-seller nine days after its release. A blogger for the *Huffington Post* and her *Live Boldly* blog, Lauren is a frequent guest expert on CNN and FOX, and a subject-matter expert for the *Wall Street Journal*, *Marie Claire*, *New York Daily News*, *Whole Living*, *Ladies Home Journal*, *Parade*, and other print, television, and radio media. A passionate teacher, Lauren has served as a member of Northeastern University's executive education faculty, a guest lecturer at Canyon Ranch and Brandeis and Harvard Universities, and she is a current faculty member at Omega and Kripalu.





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An international keynote speaker, Lauren has delivered motivational presentations for Deutsche Bank, New York Life, MetLife, Joseph Abboud, Boston Consulting Group, the Nature Conservancy, Sprint, Staples, and many other corporate and non-profit organizations.

In 2011, Lauren launched the Illumineer™ Coach Institute, which offers Illumineering™ Coach Trainings to train and certify professionals in the Illumineering™ Coaching method.

Lauren holds a Bachelor's degree in Psychology, Masters-level German certification in Psychotherapeutic Counseling, a Master's degree in Organizational Development, and she is a graduate of The Lee Strasberg Theatre and Film Institute.