



**Coaching Kit**

*Dr. Lauren Cook*

Career Coach, Therapist, Speaker, Author



*What I Stand For:*

Live what you believe.

---

Love who you are.

Joining alongside you as you  
live out your purpose.

LC

Dr. Lauren Cook



# Dr. Lauren Cook

Therapist, Speaker, Author

## WHO IS DR. LAUREN COOK?

Dr. Lauren has traveled the country sharing how we can cultivate a life in accordance with our values. Lauren is passionate about bringing mental health to people of all ages and identities as she recognizes that wellness continues from our first to final breath. Lauren integrates positive psychology, gratitude, and neuroscience into her work to inform her evidence-based teachings.

## EDUCATION

Lauren began her training at UCLA, where she majored in Psychology and Communication Studies. She then earned her Master's degree in Marriage and Family Therapy from the University of Southern California. Lauren completed her doctorate in Clinical Psychology from Pepperdine University.



Dr. Lauren Cook





# Services



## **SPEAKING**

Bring Lauren to speak with your organization as she helps your team define their values while fostering intentional living.

## **COACHING**

Lauren partners with you 1-on-1 or with your group to help you identify values-based goals, understand roadblocks, and activate your purpose.

## **COURSES**

Utilize Lauren's method for values-based decision making as you carefully consider and execute next steps in your life.

## **BOOKS**

Read Lauren's books to enhance optimism, foster your mental health, and support the wellbeing of others.





# Career Coaching Services

## LAUREN'S APPROACH

Dr. Lauren Cook seeks to create a safe, non-judgmental space where you are accepted fully as you are. Lauren takes an active approach to her work and helps clients set meaningful and actionable goals in a supportive setting.

## WORKING WITH LAUREN

Whether you're just graduating or you're looking to make a career pivot, Dr. Lauren specializes in supporting those who are looking to establish that dream career. With diverse career assessment experience, Lauren helps clients identify their strengths while creating tangible steps for success.

## WHAT TO EXPECT

- Career assessment utilization (Strong Interest Inventory & Skill Scan Drive)
- Values assessment with both personal and professional decision-making
- Mindset framework support with both encouragement and challenge to reframe perspective
- Timeline creation of goals for client accountability with regular homework
- Job search engine utilization, networking skills, and LinkedIn profile engagement
- Marketing material development for enhanced career connections
- Establishment of mentorships and cultivating the courage to connect
- Development and editing of resume, cover letter, email drafting







COACHING SERVICES

## *Work with Lauren*

“Dr. Cook was great to work with because she understood exactly what I needed. I felt like she instantly made a connection. She took the time to get to know me and carefully crafted a plan to help me. Her methods are efficient and effective. Lauren created a safe and comforting environment so that I felt comfortable telling her anything and everything. I never worried about feeling embarrassed while talking with Lauren and I got the most out of my time with her because of that.” -Coaching Client

# Areas of Expertise



---

## LIFE TRANSITIONS

- Adjusting to new job or school
- Moving to new location
- Career change
- Relationship status shift
- New parenthood
- Emerging adults

## RELATIONAL HEALING

- Marital tension
- Parental conflict
- Peer based struggles
- Pre-marital preparedness
- Intimacy issues
- Grief and loss

## DECISION MAKING

- Purposelessness
- Depression
- Indecision
- Unrest
- Regretfulness
- Avoidance
- Rumination

## ANXIETY MANAGEMENT

- Frequent worrying
- Panic attacks
- Phobias
- Social anxiety
- OCD
- Perfectionism

## IDENTITY DEVELOPMENT

- Spiritual exploration
- Sexual orientation
- Values clarification
- Career counseling
- Self-esteem development



"When going through a rough spot in my life I was looking for someone that would help me understand what and why things were happening. Lauren helped me identify where I was struggling and worked alongside me to come up with solutions. I now feel like I can overcome anything! I'm so grateful for the confidence and life-changing encouragement that Lauren has given me."

-Coaching Client

---



WORK WITH LAUREN



*Press*

Dr. Lauren Cook has provided clinical expertise for the following outlets:

**NBC** **BUSTLE** **Forbes**

**Parents** *well+GOOD*

 **PBS** THE ZOE REPORT **BESTLIFE**

THRIVE  GLOBAL

**Medium**







Dr. Lauren's Group Coaching Course

*Find Your Why,  
Know Your Way*

---

Dr. Lauren offers a group coaching course where you can get hands-on support to get the career clarity you've been seeking. With access to a private community as well as video modules, a personalized handbook, meditation exercises, resume/cover letter templates, and more--you'll be all set to take that next step.



# Books



Dr. Lauren Cook

## Name Your Story: How to Talk Openly About Mental Health While Embracing Wellness

Are you struggling with your mental health sometimes? You're not alone. We all have times when our self-care falls by the wayside, when we let anxiety and fear run our life, or we feel so sad that we can't get ourselves out of bed. Or perhaps you've been so worried about a friend or family member's mental health and you're not sure how to help them. Then this is the book for you.

## The Sunny Side Up: Celebrating Happiness

Most of us are caught red-handed wishing our time away and we don't even realize it. We think we will be happy when it's finally summer, that project is over or when we reach a certain milestone. But hold on... happiness is not something to hope for in the future. It is something to have right now. With opportunities for self-reflection throughout, this book will help you identify how you can set goals that align with your values, practice daily gratitude, and give back to your community.



Click Links to Purchase





*Let's Work  
Together.*

**EMAIL**

[lauren@drlaurencook.com](mailto:lauren@drlaurencook.com)

**FOR CORPORATE BOOKINGS:**

[booking@drlaurencook.com](mailto:booking@drlaurencook.com)

**FOR UNIVERSITY SPEAKING INQUIRIES:**

 **CAMPUSPEAK**

**FOR MEDIA INQUIRIES:**

[press@drlaurencook.com](mailto:press@drlaurencook.com)

**SOCIAL MEDIA**



[@drlaurencook](https://www.instagram.com/drlaurencook)

[www.drlaurencook.com](http://www.drlaurencook.com)

