

A portrait of Lauren WU, a woman with long blonde hair, wearing a dark blue blazer, a pearl earring, and a necklace. She is standing outdoors on a city street with buildings in the background. The text 'MEDIA KIT' is written vertically in a light pink color on the left side of the image.

MEDIA
KIT

LAUREN
WU

KEYNOTE SPEAKER

+1 (650) 532-3191
HEARTLEDLAUREN@GMAIL.COM
WWW.HEARTLEDLEADERSHIP.ORG



ABOUT ME

Lauren speaks from firsthand experience navigating leadership and resilience. She brings credibility and perspective from a proven legal and executive career. Her talks combine evidence-based insights, compelling storytelling, and practical tools audiences can apply immediately.

For Lauren, authenticity and empathy are not concepts she promotes; they are values she practices daily. Lauren works with senior leaders and organizations navigating complexity in their environments, particularly executives, legal, health care, and people leaders responsible for designing cultures that are both human and high-performing.

**“YOU DON’T NEED LESS
EMPATHY TO LEAD. YOU NEED
MORE COURAGE TO USE IT.”**



www.heartledleadership.org
heartledlauren@gmail.com

LAUREN WU
KEYNOTE SPEAKER

“YOUR HUMANITY ISN’T A LIABILITY. IT’S YOUR LEADERSHIP ADVANTAGE.”



SIGNATURE TALKS & WORKSHOPS

- ✓ **The Human Advantage (MOST BOOKED)**
Leading with Authenticity, Empathy, and HEART in the Age of AI
- ✓ **Working with HEART**
(BEST FOR FUTURE OF WORK & AI)
Designing accessible leadership with AI and Empathy
- ✓ **Still Standing**
(BEST FOR WELLNESS & HEALTH GROUPS)
How to Heal, Adapt, and Reclaim Your Sense of Self When Life Changes the Rules

AS SEEN AT



IDEAL AUDIENCES

Conferences | Leaders & Emerging Leaders | Women’s Groups | ERGs & HR Teams

TESTIMONIALS

“Lauren Wu is a passionate and engaging speaker, whether she is speaking about her health journey, leadership, or explaining the intricacies of California privacy law.”
Alea G., Adaptive Biotechnologies

“The talk with Lauren was amazing. I strongly recommend her insights to anyone in the corporate world, banking, or consulting. This could really help you to make better decisions for your career and professional development.” Silvia D., Tanami Properties

“Lauren inspires me on her wellness journey with her strength and candidness; she doesn’t shy away from speaking about the days that are more difficult, and her resilient spirit pushes her straight through them (with or without a sparkly mobility aid).” Victoria L., Roche

YOUR HUMANITY ISN'T THE PROBLEM —IT'S THE POINT.

AUDIENCES WILL

- Walk away able to identify burnout, invisible load, and capacity strain, with small shifts you can implement the next day at work
- Leave with the confidence to stop editing yourself to fit broken systems and start leading with clarity and alignment to your values
- Learn how to shift from endurance-based leadership to systems design, so your team can up-level their performance
- Challenge outdated leadership norms and replace them with expectations that actually work in today's environment
- Leave with both relief and responsibility, knowing it's not just you, and having a clear path to lead differently



BOOK ME TO SPEAK

INTERVIEW TOPICS

- The Human Advantage in the Age of AI
- Burnout Is a Systems Problem, Not a Personal Failure
- Designing organizations around HEART (Humanity, Environment, Alignment, Resilience, and Trust)
- Privacy, Trust, and the Future of AI
- The Myth of Constant Capacity

Get in Touch!



lauren-foster-wu



heartledlauren



heartledlauren@gmail.com



www.heartledleadership.org



+1 (650) 532-3191