

A portrait of Lauren Wu, a woman with long blonde hair, wearing a dark blue blazer, standing on a city street. The background is a blurred urban scene with buildings and a street.

MEDIA
KIT

LAUREN
WU

KEYNOTE SPEAKER

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ABOUT ME

I speak from firsthand experience navigating leadership and resilience. I bring credibility and perspective from a proven legal and executive career, and as an adjunct professor for Northwestern Pritzker School of Law. My talks combine evidence-based insights, compelling storytelling, and practical tools audiences can apply immediately.

For me, being your true self and practicing empathy are not concepts I promote; they are values I model daily.

I work 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.”**



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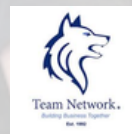
“YOUR HUMANITY ISN’T A LIABILITY. IT’S YOUR LEADERSHIP ADVANTAGE.”



SIGNATURE KEYNOTES

- ✓ **The HEART Advantage (*SIGNATURE TALK*)**
How the Best Leaders Build High-Trust, High-Performance Teams—Without Burning People Out
- ✓ **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 & Entrepreneurs | Women’s Groups | ERGs & HR Teams

TESTIMONIALS

“Lauren rocked the stage. She brings such energy and connection with the audience, and drove home the message of leadership and being your authentic self. She totally crushed it.” Dr. Kolleen D., MD, FASA, Central Maine Medical Center

“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

“You know when you meet those people in life, and you know you're forever changed? Lauren Wu is one of those. She has overcome incredible obstacles, and instead of a pity party, she said, 'My mess will be my message.' She moves the room in ways very few speakers do. If you have the opportunity to book Lauren Wu, take it.” Christine G., Esq., Law Offices of Christine Gale, Esq.

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

- Stop Editing Yourself, Start Leading
- 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!



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