



Lauren Krasnodembski

Author | Seed Planting Speaker |
Workshop Wizard | Retreat Facilitator |
Guide for Busy, Driven Women

- Creator of the Mind Muscle Motivator, LLC, a transformational wellness company that guides busy, driven women to step into their life with peace, passion and purpose.
- Lauren believes your mind is like a muscle that gets to be exercised regularly so that you can live with fulfillment from your heart space.
- Author of *Reclaim Your Power: A Guide To Allow Your Passions and Purpose To Discover YOU!*
- Lauren worked her way up as a privacy attorney at a Fortune 100 company and can be found on the water with her family.



“Reclaim Your Power is the permission slip you need to give yourself to come ‘home’ and live the life you deserve once and for all.”

Regan Walsh, Author of Heart Boss

BOOK

We live in a society where we are defined by what we accomplish, how much money we make and by how many material possessions we own. We have been consciously and unconsciously conditioned to believe we are not enough. It's time to get off the hamster wheel and reclaim your power by making yourself a priority and asking yourself, "What am I passionate about?"

OVERBOOKED WORKSHOPS

A 10-week journey that serves as a catalyst to create more harmony in a woman's life and enhance their overall well-being through intentional self discovery and mindfulness. Workshops positively disrupt the norm and allows for a shift in mindset from fixed to growth.

SIGNATURE TOPICS

- ✓ Turning Life's Chaos into Alignment
- ✓ Mindful Leadership to Create a Life You Love
- ✓ How to Dance with Life & Move Past Roadblocks
- ✓ Women's Wellness & Radical Self-Care
- ✓ Power in the Pause
- ✓ Managing Anxiety & Stress
- ✓ Women Empowerment
- ✓ Understanding Automatic Patterns & Imposter Syndrome
- ✓ Clarity Creates Confidence
- ✓ OverBOOKed: Let's Reclaim Your Power
- ✓ The Power of Positive Disruption
- ✓ Mind/Body Connection & Affirmations



Booking: info@letsreclaimyourpower.com