

# INTRODUCTION

## **DR. LAUREN COOK**

My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

Dr. Lauren Cook is a licensed clinical psychologist, speaker, career coach, and author. She is passionate about bringing mental health to people of all ages and identities, especially to college students. Lauren began her training at UCLA, where she majored in Psychology and Communication Studies.

She earned her Master's degree in Marriage and Family Therapy from the University of Southern California before completing her doctorate in Clinical Psychology at Pepperdine University. Featured in NBC News, Forbes, and Bustle among others, Dr. Lauren loves helping people work through anxiety, relationship struggles, and imposter syndrome.

She is a proud Chi Omega and currently lives in Pasadena with her husband and Siamese cat, Mochi.

Get excited because you're about to learn how to live and feel your best—let's welcome Dr. Lauren Cook!

Updated 4.21.2023