

INTRODUCTION

DR. LAUREN COOK

It is my pleasure to introduce today's speaker, Dr. Lauren Cook.

Dr. Lauren Cook is a licensed clinical psychologist, bestselling author, and sought-after keynote speaker who specializes in anxiety, workplace well-being, and the psychology of human connection.

With a passion for helping individuals and organizations thrive, Dr. Cook brings a unique perspective to some of today's most pressing workplace challenges, including burnout, stress management, imposter syndrome, generational differences, and building meaningful connections in an increasingly digital world.

Dr. Cook earned her undergraduate degrees in Psychology and Communication Studies from UCLA, her master's degree from the University of Southern California, and her doctorate in Clinical Psychology from Pepperdine University.

Her expertise has been featured in national media outlets, including NBC News, CNN, Forbes, and the New York Times. Through her speaking engagements, clinical practice, and consulting work, she translates psychological research into practical, actionable strategies that empower professionals to strengthen their resilience, improve communication, and foster healthier, more connected workplace cultures.

Please join me in welcoming Dr. Lauren Cook!

Updated 10.13.2026