



Lauren LeMunyan

Transformational Leadership Expert
Master Certified Coach | Keynote Speaker

Lauren LeMunyan is a Master Certified Coach (MCC), keynote speaker, and founder of Spitfire Coach. She's on a mission to turn overwhelmed managers into aligned, future-ready leaders through her signature Future Self Design™ framework. With over 4,000 coaching hours, hundreds of workshops across industries, and a top leadership podcast under her belt, Lauren lives and breathes transformation.

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SIGNATURE TOPICS

- ✓ **Psychological Safety** in Teams
- ✓ **Innovation Mindset** for Leaders
- ✓ **Leveraging Influence** with and without the Title
- ✓ The Gift of **Phenomenal Feedback**
- ✓ **Prioritizing Well-Being** in the Workplace

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From powerful keynotes to high-impact workshops, Lauren brings strategic insight with unforgettable delivery.

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