

## Lauren Midgley Biography



Lauren Midgley, based in Dallas - Ft. Worth Texas, began her business in 2010 after a 25+ year career with two Fortune 500 companies. With her focus on personal productivity, accountability, and leadership, Lauren inspires individuals to think beyond traditional time management skills and consider what truly needs to be accomplished.

She engages the audience through interaction, thought provoking questions, passion and enthusiasm for the topic of productivity. Her goal is to shift thinking and provide ideas for action to help others get desired results.

She actively runs four companies – a professional speaking business, a consulting firm, a greeting card enterprise and a publishing company that has produced three books, with one being an Amazon bestseller – *It's 6 a.m. and I'm Already Behind: Strategies to Get Caught Up!* Lauren is working on her 4<sup>th</sup> book, *It's 5 p.m. and I'm Still Not Done*, focusing on work/life choices.

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