



# Lauren Murphy

Public Speaker



## Story

## Bio



At the age of 24, weeks after receiving her MBA, Lauren bought a one way ticket and hopped on a plane to pursue a dream of living and working in

New York.

Lauren's life took a tragic turn in 2013 during a business trip to Los Angeles. She was struck by a car while on a morning run. Lauren's brain damage was so severe she was not expected to survive. Doctors suspected if she did survive, she would most likely never be able to feed herself, walk, talk or understand spoken words.



Lauren is a St. Louis native and public speaker. In 2018, she began sharing her story assisted by her mother Colleen. In just under a year they have spoken in front of over six thousand people including corporations, hospitals, universities, rotary clubs, benefits and professional women's organizations.

Lauren and Colleen's presentation can be tailored to fit the needs of any group, their inspiring message is universal and includes the five biggest lessons Lauren has learned along her journey.

1. *Show Up*
2. *Find Your Cheerleader*
3. *Kindness is Free*
4. *Work Hard*
5. *Never Give Up*



## Testimonials

*"Lauren's message of determination, courage and perseverance is contagious. The students in my classroom continue to ask each other, what would Lauren do, when things get hard for them..."*

*-Marni, 3rd Grade Teacher*

*"She makes me think twice about quitting"*

*-Ben, Physical Therapist*

*"Lauren is amazing and will go on to do great things. She made me laugh and she made me cry, her story is powerful and should be heard by all."*

*-Deanna, Operations Manager*

## Follow Lauren



Lauren Murphy Recovery Page



@murphysdontquit

## Contact

Phone: 314 606 0781

Email: [laurenmurphysdontquit@gmail.com](mailto:laurenmurphysdontquit@gmail.com)

Website: [murphysdontquit.com](http://murphysdontquit.com)