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*Real*

GLAMOUR

*Lauren A Rothman*  
STYLE IS SUPERPOWER<sup>®</sup>

SPEAKER

COACH

AUTHOR



MEDIA KIT



# Meet LAUREN

**Lauren A. Rothman is a style strategist and media personality empowering individuals of all backgrounds to embrace confidence, authenticity, and success through **STYLE IS A SUPERPOWER.**®**

Meet Lauren A. Rothman, a leading voice in style, empowerment, and confidence. With a mission rooted in the democratization and inclusivity of style, Lauren helps individuals ignite their courage and unlock their personal power—regardless of gender, body type, ability, age, or circumstance. A fashion and trend expert, she coaches clients to cultivate and curate their unique look while using style as a strategic business and personal development tool.

As a renowned media personality and motivational speaker, Lauren has shared her expertise on image strategy and fashion fluency with **Fortune 500** companies, law firms and at major conferences. Her insights have been featured across **CNN, ABC, NBC, NPR, The New York Times, Vogue, Elle, Vanity Fair**, and more. A proud Latina founder and author of the critically acclaimed **Style Bible: What to Wear to Work**, Lauren brings cultural intelligence and two decades of experience to her consulting firm, Styleauteur. Based in Washington, D.C., Lauren works globally to help clients elevate their presence, enhance likeability, and own every room they walk into.

20+  
EXPERIENCE

100+  
STAGES

500+  
MEDIA APPEARANCES

1K+  
CLIENTS HELPED





# Motivating SPEAKER

**Lauren inspires and empowers audiences by teaching how style and nonverbal communication drive confidence, connection, and change—on stage, on screen, and beyond.**

As a dynamic, in-demand speaker and media personality, Lauren helps audiences unlock confidence through style and nonverbal communication. Her engaging keynotes, seminars, and workshops inspire people to show up authentically and powerfully. With warmth, humor, and expertise, Lauren leaves audiences motivated, energized, and ready to own the room. Book Lauren for:

**Keynote Speaker**

**Leadership Seminar**

**Master Class**

**Wellness Workshop**

**Style Clinics**

**Master of Ceremonies**



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**SPEAKER 2026**

*Transformational*

## COACH

**Transforming lives through strategic image coaching—blending style, mindset, and confidence to help clients unlock power, purpose, and presence from the inside out.**

As a transformational coach, Lauren empowers clients to embrace their style as a reflection of their identity, confidence, and goals. Through one-on-one coaching, she combines nonverbal strategy, personal branding, and mindset work to help individuals move from feeling overlooked to unstoppable. Lauren's tailored approach creates lasting impact and authentic self-expression. Book Lauren for a 1:1 session to discuss:

**Visual Communications Strategy**

**Personal Branding**

**Leadership Assessment**

**Style DNA Development**

**Image Management**

**Decoding Signals**

**Invisible to Invincible**

**Style Empowerment**

**Accountability and Ownership**

**Confidence Coaching**





# Style AUTHOR

**Rothman is a celebrated author and media expert whose acclaimed work empowers professionals to master style, confidence, and presence in every stage of their career.**

With over 20 years in the fashion industry, Lauren has become a trusted media voice and bestselling author known for empowering professionals through the lens of style. Her acclaimed book **Style Bible: What to Wear to Work** is a go-to guide for anyone navigating workplace fashion, offering relatable advice, real-life anecdotes, and expert tips on building a confident, polished image. A frequent commentator in major outlets like **CNN, NBC, The New York Times**, and **Time**, Lauren's guidance resonates with a global audience. Her expertise helps individuals of all backgrounds decode dress codes, develop executive presence, and show up with authenticity and impact.

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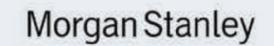
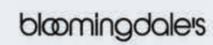
## LAUREN

Contact Lauren for dynamic keynote presentations, interactive workshops, hosting your next event, personalized 1:1 coaching, or expert media commentary on style, leadership, and the transformative power of personal style branding.

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BOOK LAUREN

2026