

PRESS KIT • 2026

Lauren Spearman

Founder of Careering. Speaker. Honest about work.



laurenspearman.com/presskit

Bios, photos and links, always current

SPEAKING

WHAT LAUREN TALKS ABOUT

CAREER DESIGN

Stop drifting through work - design a career that fits the life you want to lead.

SELF-BELIEF

Backing yourself through uncertainty, change and career decisions.

THE CHANGING WORLD OF WORK

Portfolio careers, changing ambitions, and designing success on your own terms.

PAY & HIRING, OUT LOUD

Salary transparency, fairer hiring and calling out the practices that hold people back.

Formats: Keynotes · Panels & moderation · Workshops & roundtables · Podcasts & broadcast



The career design app that helps you stop drifting through work and start designing a career aligned with your version of success.

Whether you want to work through it yourself, learn alongside others or get one-to-one support, Careering meets you where you are.

[Careering.com](https://careering.com)

TESTIMONIALS

WHAT PEOPLE SAY

"That wonderful feeling when your friend messages to cancel the drinks you had planned? That's the same feeling you'll get working with Lauren. A mix of relief, warmth and happiness. ... They'll even tell you if your job descriptions are pants. ... An absolute delight to work with - responsive, collaborative, and never once made us feel like we were clueless (even when we might have been)."

VP OF MARKETING, YOTO

"Lauren wasn't afraid to question or challenge when needed, helping to bring our expertise to the table in such an uplifting manner. It will always be a career highlight working with Lauren - she uplifted, checked in, and provided immeasurable support in such a caring way. If you ever get the chance to work with Lauren, do it. You won't regret it."

SOCIAL LEAD, HABITAT

BIOGRAPHY

FROM DRIFTING TO DESIGNING

Lauren Spearman is the founder of Careering, a careers platform helping people stop drifting through work and start designing careers that fit the life they want to lead.

With two decades of experience spanning sales and marketing, Lauren worked at businesses including Sky, Benefit Cosmetics and MADE before building her own portfolio career combining consulting, speaking and content.

Named a Changemaker by Marketing Week, Lauren now speaks about career design, confidence and the changing world of work; combining practical experience with honest, human conversations that challenge conventional ideas of success.

FAST FACTS

- Founder of Careering, the career design app
- Named a Changemaker by Marketing Week
- Two decades across sales and marketing
- Previously at Sky, Benefit Cosmetics, MADE
- Portfolio career: consulting, speaking and content

Shorter bios (one line and approx. 40 words) are ready to copy at laurenspearman.com/presskit



**THE TRUSTED CAREER GUIDE FOR
PEOPLE DESIGNING WORK ON
THEIR OWN TERMS.**

PHOTOGRAPHY

APPROVED PHOTOS

Free to use alongside coverage of Lauren, with credit where your format allows.
Higher-resolution files on request.

DOWNLOAD THE FULL-SIZE FILES

All photos as a zip: laurenspearman.com/api/press-photos/zip

Or pick individual shots at laurenspearman.com/presskit



Studio portrait, seated



Studio portrait, tiger print



Studio portrait, polka dot



At her desk, building Careering



On stage

CONTACT

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