PRESS KIT · 2026

Lauren Spearman

Founder of Careering. Speaker. Honest about work.



www.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

Careering

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

TESTIMONIALS

WHAT PEOPLE SAY

“Our chat really boosted my confidence. The career world, like adulthood, can be very scary, but our talk today was a game-changer for me. Those 30 minutes were like a supercharging session; you were the battery that powered me up. Please keep doing what you're doing—your insights are invaluable, and I hope the job market realizes that too and starts treating us more kindly!”

O.K., CAREER 1:1 SESSION

“I just wanted to update you since the last time we spoke, as so much changed in such a short space of time! ... I feel like you’ve really helped me be a lot more brave and assertive in my job search which has given me the confidence to hold out for something which feels right. I think old [REDACTED] possibly would’ve still started this other job, but I realise now that I don’t need to compromise on what I’m looking for and that there will be something out there which ticks all (or most!) of my boxes!”

L.T., CAREER 1:1 SESSION

“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

“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

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 www.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: **www.laurenspearman.com/api/press-photos/zip**

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Lauren Spearman portrait



Lauren Spearman building Careering



Lauren Spearman WFH



Lauren Spearman leaning on table



Lauren at table



Lauren relaxing in armchair

CONTACT

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