

Lauren Sisler Bio



Lauren Sisler is a multinational award-winning sports broadcaster working with ESPN and the SEC Network.

As a sportscaster and former collegiate gymnast, Lauren Sisler is passionate about sports, but even more passionate about telling the stories of the coaches, athletes, and fans who make it more than a game.

Her journey was not always full of victories and celebrations. In 2003 as a freshman at Rutgers University, tragedy struck Lauren's world when she unexpectedly lost both of her parents within hours of each other to their concealed battle with addiction. Through her grief and despair, Lauren found the courage to continue moving forward and find success.

"From this point forward, how are you going to respond to adversity? How will your resilience shine through and lead you on your journey despite the challenges and disappointments?"

As a professional storyteller, Lauren realized that her own story and experiences have the propensity to inspire and empower others to break down the barriers that stand in the way of us living our best life.

Through her authentic nature and vivid storytelling, Lauren's presentations will take listeners on an emotional passage that will ignite gratitude and a reimagined purpose in their lives.



Keynote Descriptions

Defined by Defeat: The Real Champion's Story

Life rarely goes according to script, and our success is often defined by our defeats.

As a freshman at Rutgers University, Lauren unexpectedly lost both of her parents within hours of each other to their concealed battle with prescription drug addiction. In the aftermath, she was forced to navigate the world unknown and make some tough choices that are bound to every chapter of her story.

Whether you are a team leader, a company owner, or taking the next step in your career, you can use the power of your story to rebound from tragedy with courage and resilience.

"Sports is my passion, but my purpose is to share what I learned from my parents' story – and how I learned to fall in love with my own."

In her keynote, Lauren will guide you on an emotional journey through her personal story woven together with compelling stories from the sidelines. The audience will be:

- Empowered to embrace their own story and find value in life's challenges as a means of strength and catalyst for growth
- Inspired to be resilient during times of change
- Encouraged to maintain a sense of humor through some of life's embarrassing moments
- Motivated to take chances, and walk through doors they never dreamed possible

Unlocking the Shackles of Shame

As a freshman at Rutgers University, Lauren Sisler unexpectedly lost both of her parents within hours of each other to their concealed battle with prescription drug addiction. She had to make a choice: hide the story and suffer alone, or use her struggles to help someone walk out of the shadows.

It was only when Lauren started working as a reporter for ESPN more than a decade after the death of both her parents that she started to truly undo the shackles of shame.

“My job is to find the truth in athletes’ stories and report on how their personal lives shaped who they are on the field. And yet, I couldn’t tell the truth about my own story because of the shame I inherited.”

“Once I started the painful process of opening up, I discovered that there are silver linings in the trauma I experienced from my parents’ addiction. It has shaped me into who I am; it has given me a different lens.”

Through her addiction advocacy work, Lauren seeks to help break the stigma and eliminate the shame associated with substance abuse and mental health disorders.

In her keynote, Lauren will take you behind the scenes of her extraordinary journey and how tragedy ignited purpose and gratitude in her life. The audience will be:

- Empowered to shatter the stigma they might feel surrounding the obstacles they are confronted with
- Inspired to embrace their own story with great courage and fortitude
- Led to discover the powerful and often life-changing impact their story can have on the lives of others
- Encouraged to be resilient and build confidence during times of uncertainty
- Motivated to view life through a lens of purpose and gratitude and live like champions