

INTRODUCTION

LAUREN COOK

Feel free to leave your phones on for audience participation, but please take a moment and turn the ringer off. Thank you.

My name is _____ (your name). I am (leadership position or organization), and it's my pleasure to welcome you. This program is sponsored by (list organizations).

Our speaker today is Lauren Cook.

Lauren Cook, also known as The Sunny Girl, is a graduate from UCLA with a double major in Communication Studies and Psychology. Lauren currently works as a therapist at USC's Student Counseling Center and is a Professor at Mount Saint Mary's University.

As the author of *The Sunny Side Up* and now with her latest publication, *Name Your Story*, she travels around the country speaking about mental health, happiness, and wellbeing. Lauren has worked at NBC Network News, E! News, and Disney during her time in college and she is a proud member of Chi Omega sorority. Lauren graduated from USC with her Master's in Marriage and Family Therapy and is now working towards her doctorate in Clinical Psychology at Pepperdine University. She currently lives in Los Angeles.

Please welcome Lauren Cook.

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