



Lauren LoGrasso

Most organisations say they value creativity and then design every system around predictability. People learn quickly which parts of themselves to bring to work and which to leave at the door. The cost shows up as flat engagement scores, cautious teams, and ideas that never reach the room where decisions get made.

Lauren LoGrasso is a Webby Award-winning podcast host, producer, and keynote speaker who helps organisations treat creativity as a working condition, not a perk.

Lauren LoGrasso's 2026 Biography

Why organisations work with Lauren LoGrasso

- She brings the operating logic of a working podcast producer to the question of creative leadership, having executive produced two of the highest-charting podcasts of the past five years, *Unlocking Us* with Brené Brown and *We Can Do Hard Things* with Glennon Doyle.
- She speaks to creativity as engagement infrastructure, not as inspiration, drawing on a body of work that has won the Webby, Signal, W3, Hermes Creative, People's Choice, and Communicator awards through her own show.
- She gives event audiences a recognisable name from the podcast economy, paired with a keynote performer's stagecraft as a SAG-AFTRA actor and working musician.
- Her perspective on self-expression at work is grounded in production craft: what gets people to show up with their fullest contribution, and what systematically silences them.

Biography highlights

- Creator and host of *Unleash Your Inner Creative*, winner of the Webby, Signal, People's Choice, W3, Hermes Creative, and Communicator awards.
- Vice President of Programming and Development at Audacy Podcasts.
- Executive producer credits on *We Can Do Hard Things* with Glennon Doyle and *Unlocking Us* with Brené Brown during her tenure at Cadence13.
- Named one of *Podcast Magazine's* 22 Unsung Heroes of Podcasting.
- Featured in People Magazine, Yahoo, and Business Insider; named by CEO Weekly as a top inspiring woman to follow.
- Singer-songwriter who has collaborated with Grammy-winning producer Jeff Bova, with songs placed in award-winning films.

AVAILABLE FOR

- Entertainment
- Event Hosting
- Moderating and Emcee
- Speaking

LAUREN'S SPEAKING THEMES

- Corporate Culture
- Creativity
- Employee Engagement
- Innovation & Disruption
- Mental Health in the Workplace

LANGUAGES: English

Biography

Unlocking Us with Brené Brown launched at number one and was named Apple's top new podcast of 2020. *We Can Do Hard Things* with Glennon Doyle did the same a year later. Lauren LoGrasso was an executive producer on both, working at Cadence13 to shape the editorial sensibility that made those shows resonate.

The thread running through that work is now the thread running through her keynotes. *Unleash Your Inner Creative*, the podcast she creates and hosts, has won the Webby, Signal, W3, Hermes Creative, People's Choice, and Communicator awards. The subject is creativity, but the working question is organisational: why people stop offering their best ideas, and what conditions bring those ideas back into the room.

LoGrasso speaks to corporate audiences and university programmes on creative leadership and workplace engagement, with signature talks including "The Key to Creative Leadership" and "The Power of Unleashing Creativity in Your Workplace." She currently serves as VP of Programming and Development at Audacy Podcasts and continues to perform as a singer-songwriter, with collaborations including Grammy-winning producer Jeff Bova.

The substance of her contribution is the connection between self-expression and contribution at work, named by *Podcast Magazine* as one of 22 Unsung Heroes of Podcasting and consistently profiled by major outlets for the operating model behind her shows.

Key speaking topics

- Creative leadership in the workplace
- Employee engagement and morale
- Self-expression and authentic voice at work
- Podcasting and audio storytelling for brands and leaders
- Mental health and creative wellbeing
- Innovation through creative practice
- Event hosting, moderation, and interview craft

Ideal for

- Heads of People, Culture, and Employee Engagement designing programmes that move beyond wellness benefits.
- Innovation, marketing, and brand leaders looking to bring creative practice into commercial work.
- Internal conferences, leadership offsites, and women's leadership programmes seeking a keynote with stagecraft.
- Universities and graduate business programmes hosting events on creative careers and purpose-led work.

Audience outcomes

- A working definition of creativity as an organisational condition, not a personality trait.
- Specific practices for managers who want their teams to surface ideas earlier and more often.
- A clearer reading of why engagement scores stall in technically high-performing teams.
- An honest framing of the link between self-expression, mental health, and sustained contribution at work.

Lauren LoGrasso's 2026 talks & topics

The Key to Creative Leadership: Designing a Workplace Where Creativity Thrives

A keynote on how leaders build the conditions for creative contribution rather than asking individuals to be more creative on their own time.

Key takeaways:

- The structural reasons creativity drops in organisations that say they value it
 - Practical moves managers can make in their next team meeting
 - How creative leadership shows up in engagement and retention data
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The Power of Unleashing Creativity in Your Workplace

A keynote framing creativity as a workplace operating capability, drawn from years of producing podcast content that depends on people contributing their fullest voice.

Key takeaways:

- Why creativity stalls before it reaches the room where decisions get made
 - The link between psychological safety and creative contribution
 - Habits and rituals that protect creative practice under commercial pressure
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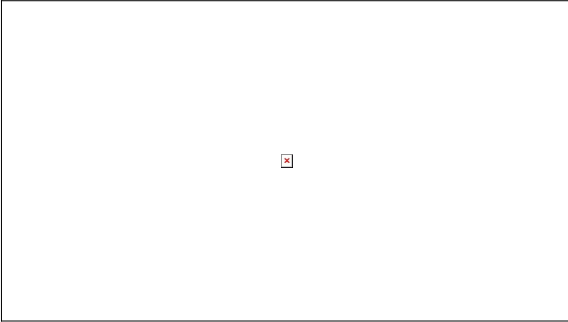
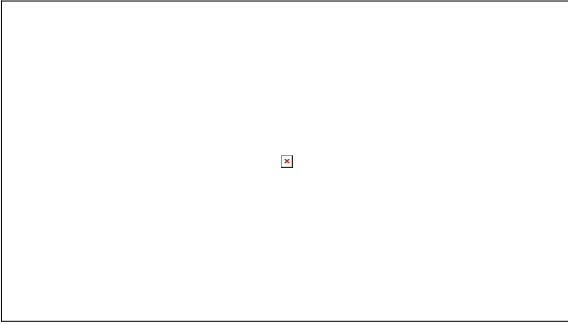
Unlocking Holistic Success: Embrace the Power of the Late Bloomer

A keynote aimed at college and early-career audiences on redefining success outside conventional timelines.

Key takeaways:

- The cost of borrowed definitions of success
- How non-linear careers compound over time
- Practices for staying creative through extended uncertainty

Lauren LoGrasso's Videos



What Lauren LoGrasso's clients say

Lauren has the kind of talent, charisma, and insight rarely found in one person. Her playful humor is infectious and her depth of wisdom is infused with a warmth that lights up any room, any interview, any stage. To hear her speak with her unique blend of soul, wit, and grace is truly a gift.

Dulma Altan

Host, Due Diligence, TikTok Business Influencer & Tech Expert

Lauren LoGrasso is an exceptional speaker and MC who captivates audiences with her authenticity, relatability, and creative storytelling. Her ability to synthesise diverse thoughts from the audience makes the event memorable and impactful. Lauren's innate desire for creating meaningful connections and her commitment to making the world a better place comes through in every word she speaks and/or sings. I highly recommend Lauren for any event looking to leave a lasting impression.

Yemi Penn

Keynote Speaker and Thought Leader

Lauren LoGrasso's keynote on the power of unleashing your creativity was truly transformative. Her unique blend of practical tips and infectious enthusiasm left the entire audience buzzing with inspiration. Lauren has a gift for making the creative process feel accessible and exciting. I found myself hanging on her every word and furiously taking notes. Her insights were so powerful that I've been quoting them to my team ever since. If you want a speaker who will ignite your organization's creative spark, look no further than Lauren LoGrasso....

Founder / CEO, WeGotThis.org

I attended the Girlboss Rally session hosted by Lauren LoGrasso and the audience couldn't get enough of her infectious energy and her actionable tips. Her presentation included lists of, 'what to do' versus a list of 'what I've done.' The audience was taking photos of her slides and the line to meet her post-session was out the door.

Carolyn Montrose

Associate Director of Career Development, Dolan School of Business at Fairfield University

Lauren LoGrasso's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Europe	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
Middle East & Africa	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
South America	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
United Kingdom	€12000 to €40000	£10,001 - £35,000	\$15000 - \$50000
US East Coast	Under €12000	Under £10,000	Under \$15000
US West Coast	Under €12000	Under £10,000	Under \$15000
Virtual	Under €12000	Under £10,000	Under \$15000