



**Advancing women  
Advancing transportation  
> Connecticut**

## Transportation Mini-Series

October 16, 2025

### **Slow Down Skills: The Non-Negotiables of Strong, Sustainable Leadership**

We're leading in a time when burnout is high, attention is scattered, and busy is the default response to how we're doing. But what if the key to stronger leadership isn't doing more, it's slowing down?

This talk challenges the traditional leadership narrative by focusing on three essential and often underestimated skills: rest, reflection, and celebration. These aren't luxuries or nice to haves; they're core practices that help leaders lead with clarity, creativity, and care.

With a blend of storytelling, research, and practical tools, Lauren challenges leaders to rethink their development not just as a path to greater productivity, but to model well-being for their teams and communities. When leaders thrive as whole humans, their people, and their impact, do too.



### **Meet the Keynote**

Lauren St. Germain is a keynote speaker and facilitator who combines real-world experience and powerful storytelling to spark the mindset shifts and strategies leaders need to lead with clarity, energy, and impact. After experiencing burnout at age 30, Lauren began rethinking everything she knew about success. Now, she teaches the essential skills most leadership programs overlook: how to rest well, reflect often, and celebrate progress. With 15 years of experience spanning coaching, facilitation, corporate finance, and nonprofit board leadership, she bridges performance with well-being in ways that resonate across industries. Outside of work, Lauren is a wife, mother and the friend who's always baking sourdough bread. Ask her about her latest experiment in the kitchen!