Lauren Simmons

Youngest Trader, Only Female and Second-Ever African American Woman at the New York Stock Exchange

Trailblazer. Lauren shares her story from zero to one where she incorporates having all odds against her. Through perseverance, the power of the mind, and being open to opportunities, she landed a role at the NYSE and made history. She shares her personal journey growing up in Georgia, having a disabled twin brother, and what her brother and mother instilled in her to get her to achieve her biggest dreams.

The Power of Being the OTHER in the Room: Diversity & Inclusion. Lauren shares her experience being on the trading floor, as well as other work environments, and strategies for using what makes you different as power to be great in your role. She discusses breaking the mindset of others, how all corporations should be open to diversity and inclusion, and the changes that were made after Lauren came to the trading floor.

Financial Wellness. Lauren wants to empower women, minorities, gen zer's, and millennials surrounding the conversation of financial wellness. This is not limited to investing in the stock market, but other avenues to save, as well as how financial wellness relies heavily on the power of the mind.

The Power of Networking. Lauren offers audiences tools to network as well as how to be okay with being told "no." She also gives tips on having your first job and furthering your career through the power of networking.