

About Lauren Sisler

Lauren Sisler is a national award-winning sports broadcaster who has been captivating audiences with her insightful coverage on ESPN since 2016. Not only is she a powerhouse in the broadcasting world, but she's also the author of the compelling new book, 'Shatterproof.'

As a sportscaster and former collegiate gymnast, Lauren 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.

Lauren's life was not always marked by victories. In 2003, as a freshman at Rutgers University, tragedy struck when she unexpectedly lost both parents within hours of each other to their hidden battle with prescription drug addiction. Through her grief, Lauren emerged from the shadows of shame and found renewed hope.

"I carried that shame until I finally realized I wouldn't let the pain I harbored define me, just like it didn't define my parents."

Harnessing her pain as a catalyst for growth, Lauren embraced her story, transforming her anguish and heartbreak into a source of strength and healing. She now recognizes that living courageously and authentically can unlock remarkable potential, and she embodies this truth in every aspect of her life.

Through vibrant storytelling, Lauren connects deeply with her audience, motivating them to redefine their own stories to find peace and purpose.

"Your story is significant. Learn to love it, then do something with it."

Her message is clear: confront adversity with bravery, own your story, and let it propel you towards a future filled with greater meaning and fulfillment.