

Lauren Kennedy



Lauren is a Sales Trainer/IXD for Medical Solutions, a travel nurse staffing company in Omaha, NE. Prior to that Lauren spent 15 years in the fitness industry as a personal trainer, coach, and business owner. She earned her Communications Degree

from the University of Nebraska at Kearney.

In her role as Sales Trainer she conducts trainings that range from learning how to use a CRM to the art of conversation. She also designs eLearning through platforms such as Captivate, Camtasia, InDesign, and PowerPoint.

Lauren is passionate about developing others, teaching, and facilitating engaging training. She takes pride in the responsibility she holds in the talent development field to lead others towards their version of success.

When she is not working she is spending time with her husband and two daughters, Kiala and Kalena.