



Born into the media world as an heiress of Stirling Communications International, a Canadian broadcasting giant, **Lydia McLaughlin** grew up surrounded by authors, radio personalities, and news anchors who encouraged her creativity and spurred her entrepreneurial spirit evident today.

Working in the media world all her life, Lydia knows the power media holds. She was a cast member of season eight of Bravo's hit show, "The Real Housewives Of Orange County" and used that platform to gain massive exposure for brand. Since exiting the show, Lydia has published her first book, inspired by scripture and faith in Jesus Christ, *Beyond Orange County*, available in bookstores worldwide.

Lydia is also known as a digital darling, connecting to her fans through social media and her own lifestyle blog. Lydia likes to live life to the fullest and is not afraid to dream big. She loves to encourage and bring people together.

Lydia is a dynamic speaker who has a passion for encouraging and uplifting people through her message. She brings a combination of humor, relatability, and depth to every event.

To book Lydia McLaughlin call Executive Speakers Bureau at 901-754-9404.

Lydia McLaughlin

Speech Topics

- ☐ Youth
- ☐ Social Media
- ☐ Religion / Faith
- ☐ Motivation
- ☐ Inspiration
- ☐ Celebrity

