

MEDIA KIT

20 25



Laura Rowe

*Helping empaths heal, honor
their sensitivity, and live aligned.*

About Me

Laura Rowe is an intuitive healer, empath mentor, and founder of The Vital Spirit. She helps empaths and sensitive souls heal from trauma, manage their energy, and live authentically in a world that often misunderstands sensitivity. Laura blends practical tools with grounded spirituality, making complex subjects feel both relatable and empowering.

Speaking Topics

- Thriving as an Empath in a Busy World
- Healing from the Phantom Persona
- Boundaries & Energy Management for Sensitive Souls
- Empaths, Social Justice, and the Future of Sensitivity
- Integration: Living in Alignment After Awakening

Testimonial

“Grounded, wise, and warm—Laura is the kind of guest every host dreams of having.”

– Theresa Pridemore, Awakening Summit



Full Bio

Laura Rowe is the founder of The Vital Spirit, where she works with empaths and neurodivergent people across the U.S., U.K., and Australia. Since 2013, she has guided hundreds of clients on the path of healing, self-discovery, and integration.

Her work centers on helping empaths move beyond survival patterns—like the Phantom Persona—and into authentic, embodied living. Known for her mix of warmth, humor, and grounded wisdom, Laura makes spiritual and emotional topics accessible and deeply relevant. She speaks on themes like energetic boundaries, empath individuation, trauma healing, and the role of sensitivity in social justice.

When she's not mentoring or teaching, Laura can be found slow traveling, savoring autumn walks, or with a good taco and a Coca-Cola in hand.

Testimonial

"Laura brings both clarity and compassion to every conversation. She makes complex ideas easy to understand and always leaves listeners feeling seen."

– Vanessa Couto, Liminal Journeys Podcast



Podcast Host Intro Script

Short

“My guest today is Laura Rowe, intuitive healer and empath mentor, and founder of The Vital Spirit. Laura helps empaths and sensitive souls heal, honor their sensitivity, and live aligned. Welcome, Laura.”

Long

“Today I’m speaking with Laura Rowe, founder of The Vital Spirit. Since 2013, Laura has supported empaths and neurodivergent people as they heal from trauma, shed old survival patterns, and step into authentic, embodied living. Known for blending warmth, humor, and grounded spirituality, Laura makes complex topics like energy, boundaries, and sensitivity both practical and empowering. Laura, I’m so glad you’re here.”

Interview Questions

- What does it really mean to be an empath, and how is it different from being “too sensitive”?
- Can you explain the Phantom Persona and why so many empaths struggle with it?
- How can empaths protect their energy without closing themselves off from others?
- Why do you see sensitivity as a strength in today’s world?
- What role do empaths play in creating social change and justice?
- How can empaths integrate their healing into relationships, family, and work?

Why Book Laura

Event organizers and podcast hosts invite Laura because she brings:

- Wisdom with warmth. She translates complex ideas about sensitivity, trauma, and healing into conversations that feel clear, relatable, and hopeful.
- Grounded spirituality. Laura makes subjects often dismissed as “woo woo” feel practical, down-to-earth, and relevant.
- Humor and heart. She’s not afraid to laugh at herself or speak truth with compassion—listeners feel at ease and understood.
- A fresh perspective. As an empath mentor and intuitive healer, she offers insights grounded in both lived experience and years of supporting sensitive people.
- Real-world impact. Audiences walk away with practical tools, language for their experiences, and a sense that sensitivity is a strength, not a flaw.

If you’re looking for a guest who can bring both grounded wisdom and soulful insight to your audience, I’d love to connect. Whether it’s a podcast, panel, or live event, Laura shows up ready to create thoughtful, practical, and heart-centered conversations.

Contact

- laura@thevitalspirit.net
- +1 503-784-3119
- <https://thevitalspirit.net>

Social Media

- [LinkedIn](#)
- [You Tube](#)
- [Pinterest](#)
- [Instagram](#)