



FIRST CLASS SPEAKING & CONSULTING

Lawrence D. Eichen, Esq.

+1 (973) 539-2831 direct

Lawrence@FirstClassSpeaking.com

Bio

Lawrence D. Eichen, Esq. is an attorney, professional speaker, and coach. He has over 25 years of negotiation experience handling litigation matters involving civil and criminal law. Mr. Eichen is also a highly skilled mediator adept at conflict resolution. He has resolved well over 1,000 cases during the course of his legal career.

Mr. Eichen's in-depth knowledge about negotiating stems from his experiences inside and outside of the courtroom, including his own journey of self-discovery. Despite substantial outward success, internally, Lawrence often found himself experiencing Imposter Syndrome (a phenomenon whereby one fears being exposed as an "Imposter" for not being as competent or qualified as others think).

By addressing chronic doubt and rethinking internal messaging, he developed the ability to defeat imposter syndrome and stopped playing it small. As a result, he became a more confident attorney, an improved business owner, and a more peaceful person.

He now engages audiences by delivering inspirational speeches chock full of practical advice and techniques on the topics of *Mastering the Art of Negotiating* and *Defeating Imposter Syndrome*. In addition, as a certified Rethinking Impostor Syndrome™ coach, he provides individual and group coaching to professionals, executives, and students.

Mr. Eichen is a member of the National Speakers Association; and the Association & Society Speakers Community. He is a licensed Attorney in New Jersey and a member of the NJ State Bar Association and NJ Association of Professional Mediators, He is also certified in Emotional Freedom Techniques (EFT) and a member of the Association of EFT Professionals.

A lifelong all-around competitive athlete, in his spare time "Ike" (as his sports buddies call him) can be found playing golf, tennis, or ice hockey.