



LOCAL STORIES

Meet Lauren Rigau: Content Curator

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We had the good fortune of connecting with Lauren Rigau and we've shared our conversation below.

Hi Lauren, Let's talk about principles and values – what matters to you most?

Truth. Your ethical awareness is so often based on the value of your truth. It seems like a simple word, but it carries such weight. The dictionary defines 'truth' as more than just facts, in reality, it describes sincerity in action and character. Truth is a guiding principle that should be the north star for your compass because it will always guide you to make choices that respect your character. Whether you are staying true to your beliefs, your heart, or your values, it always comes back to staying true to YOU! Throughout my career, I have used truth as a beacon to guide my way. Let's be honest, this skill takes time to



Any places to eat or things to do that you can share with our readers? If they have a friend visiting town, what are some spots they could take them to?

I am a big fan of a good cup of tea and the opportunity to learn about something new. Who knows maybe at that moment I end up learning more about myself too! I would start my tour with breakfast at the Market at EDITION. I would go for an afternoon stroll at the PAMM to explore new exhibits and follow it with a sushi dinner at MATSURI. If you know, you know! If the weather is right, we could end the evening sitting on the sand and staring up at that moon over Miami.



have used truth as a beacon to guide my way. Let's be honest, this skill takes time to hone, but with that time has come growth in character. Any time I've been in a situation, either personally or professionally, where I was no longer staying true to the values that mattered to me, I consciously chose to detour the route. There are various trails you can take to a destination, if staying true to who you are along the way remains at the forefront, your character will always shine.



Can you open up a bit about your work and career? We're big fans and we'd love for our community to learn more about your work.

I love creating. I mean, what is life if we are not always finding new ways to explore the challenges set before us? As a content curator, I use the art of the written word and my background in the entertainment/ media industries to fuel the content I help produce for unique entities. I don't ever shy away from that which I do not know, but instead, I delve in and take every opportunity as a learning experience.



Shoutout is all about shouting out others who you feel deserve additional recognition and exposure. Who would you like to shoutout?

I think dedicating success to the art of dreaming, is magical. Dreams don't always come true the way you expect them to. Sometimes, the universe has a different plan in mind for you. The mere freedom to believe in the power of your dreams is a precious gift. In my case, my parents have always believed in my dreams, and for that, I thank them.

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