



Lauren Stewart Tack

Lauren is the founder of Invigorate, an online platform helping accelerate ambitious tech businesses' growth by providing high quality, experienced individuals on a flexible basis.

Invigorate's expert network supports businesses across a variety of industries, including FinTech, MedTech, PropTech, amongst others.

Before founding Invigorate, Lauren worked as a strategy consultant at Oliver Wyman and a digital strategy consultant at Gartner, the world's largest technology research firm. Lauren's career to date has enabled her to combine her interest for tech and disruptive business models with commercial acumen and strategic thinking.

Her 50+ consulting engagements to FTSE100 clients spanned topics such as digital strategy, FinTech, data and analytics go to market propositions, startup partnership origination and disruptive business model development. Not only does Lauren believe in supporting and uplifting tech businesses, she is also backs some, notably Monzo & Nutmeg.

Lauren currently volunteers at TERN (The Entrepreneurial Refugee Network) and The Passage, a homeless service. She is also on the youth advisory board of the Big Youth Group, a company aimed at improving the odds for young people.

She was an active member of the women networks at Gartner and Oliver Wyman, organising events and spearheading various initiatives. She has always placed a strong emphasis on supporting women with a STEM background, similar to her own engineering roots.

Lauren is an alumna of Stellenbosch University, having graduated in 2013 with a degree in Industrial Engineering and she holds a Masters in Management Engineering from Cambridge University.

