



KEYNOTE & BREAKOUT PROGRAM DESCRIPTIONS

STOP + SHIFT: The Mindset Reset that Changes Everything

Life is full of curveballs and surprises; what defines us is how we respond to them. What if changing your thinking can “actually” change the situation?

Spoiler alert: it can.

If your mind is shaped by your thinking, how do you take control of the quality of your thoughts?

In this keynote presentation, Karen shares her journey from overwhelming grief after a tragic loss to joy and resilience when she learned how to Stop + Shift.

This simple mental exercise Karen developed leads to a massive ripple effect. It helps improve a person’s thought life, empowering them to make better choices, and subsequently create a healthier and happier life, both personally and professionally.

This keynote teaches audiences and teams how to:

- Make decisions from a place of composure and clarity
- Kick negative thoughts and emotions out of the driver’s seat
- Build resiliency
- Create a burnout-proof work culture

HUMAN-CENTRIC WORKPLACE: Empower Your People and Operate at Your Maximum Potential

Having a strong set of “brand values” is great, but at the end of the day, it’s the humans in your organization who shape your culture.

What if you could transform your company culture from the inside out, starting with a few key shifts? What if you could inspire your people to lead with love and respond with compassion? How would your company’s overall culture benefit?

When an organization is fueled by TLC – Trust, Love, and Compassion – the people and the business flourish. Creating an emotionally healthy and psychologically safe workplace with inclusive leadership results in people who feel inspired, cared for, and celebrated for who they are and what they do.

This keynote teaches audiences and teams how to:

- Work more efficiently across differences and divisions
- Feel safe and valued as their WHOLE selves
- Let go of perfection and unattainable expectations – for themselves and others
- Develop heart-centered skills for a true growth mindset

For information on booking Karen for your next event, please contact:
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