



Hi, I'm Karen! I wear many hats: speaker, author, strategist, coach, advisor to people-focused organizations. But what I love doing most is giving people the tools they need to have a healthy mindset and mental strength training habits.

My passion was fueled by my own unimaginable life experience. At only 29 years old my husband, Richard, was tragically murdered at his gym. I immediately sunk into a fog, and I couldn't find my way out. Until the day I realized the power of choice - that's when I shifted my mind and started on a quest to rebuild my life.

Along the way I discovered healthy habits and lifestyle changes that helped me find my way back to a whole heart and healthy mindset. Now, I share practical advice and life strategies that provide tangible results and skills to help people push through the everyday challenges we all face in life and work.

Today, I am a TEDx speaker and sought-after mindset coach. My story has been featured on Forbes, Good Morning America, and MSNBC and I have worked with individuals, groups, and corporate clients like Sprint, The GAP Inc., Wawa, Universal Studios & Resorts - Orlando, The Golf Channel and HubSpot. I'm also a regular contributor to Arianna Huffington's THRIVE Global.

Yes, I'm a busy woman! That's because I have a deep sense of purpose to help people strengthen their mind, change their thoughts, and choose a positive + productive direction.



STOP & SHIFT



Before mindfulness was a hot trending topic, it saved my life. It became my pathway back to a whole heart and a healthy mindset.

Building self-awareness was the first step in creating an unbreakable foundation of life-changing habits. I learned how to practice internal habits like positive self-talk, emotional regulation, and facing fear. It also helped me discover the power in other habits like doing digital detoxes, spending time in nature, eating well and getting enough sleep.

My healing journey is living proof that mindfulness can totally reshape your life. Not to mention, there's a great deal of research available to show the science behind this super-power that we all hold within. Mindfulness IS the key to a healthier happier life, regardless of the curveballs life tries to throw at you. When you catch your thoughts, train your brain, and renew your mind, your quality of life will improve drastically!

To help people jumpstart their mental strength I created a simple, yet powerful, technique that explains how to let go of negative thought cycles and move to more productive and positive thinking - STOP & SHIFT.

Stop & Shift is designed to help improve your thinking to make better choices and subsequently create a healthier + happier life.



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