



Hi, I'm Karen! I have a lot of titles: resilience & mindset coach, speaker, advisor to people-focused organizations. But what I love doing most is giving people the tools they need to have a healthy mindset and find inner peace in this unpredictable world.

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.

On this healing journey, I've discovered healthy habits and lifestyle changes that helped me find my way back to a whole heart and peace of mind. But I also learned an incredible lesson: we're all connected through our struggles, our pain is just packaged differently.

This realization WOKE ME UP!... and sparked a deep desire to share everything I've learned and spread light to anyone who needs help navigating this rollercoaster of life. I know if we do the work within ourselves, and if we share our stories with others, then we can create a healing movement in this world. This is why I created [The Groflo](#) - a community that shares mental + emotional health tips and positive lifestyle inspiration.

My work has been featured in Forbes, SHRM Magazine, on Good Morning America, MSNBC, and countless podcasts! I'm also a regular contributor to Arianna Huffington's THRIVE Global community.

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 self care was a hot trending topic, it saved my life. It became my pathway back to a whole heart and a major key in all of this was mindfulness.

Building a healthy mindset 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 jump start 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.



[CLICK HERE FOR DIGITAL MEDIA KIT](#)