



KAREN MILLSAP

Our speaker today, Karen Millsap, is a **TEDx speaker, Resilience & Mindset Coach, and Founder of The Groflo community.**

In her previous career, Karen worked in HR and Talent Management. However, when she experienced an unexpected tragedy, the trajectory of her life changed forever.

On the quest to rebuild her life, Karen discovered healthy habits and lifestyle changes that helped her find her way back to a whole heart. Now, she shares practical advice and strategies that provide tangible skills to help people push through the everyday challenges we all face in life and work.

Her story has been featured on Forbes, Good Morning America, and MSNBC and she's a regular contributor to Arianna Huffington's THRIVE Global community.

Karen is mom to a 8 year old ginger-head son, Caleb, an avid reader and absolutely loves to travel - which comes from her upbringing as a military kid.

Please join me in welcoming, Karen Millsap.