



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.

Determined to rebuild her life, Karen discovered mindset habits and lifestyle changes that helped her find her way back to a whole heart. This inspired her to help others jumpstart their mental strength training. Karen created a simple technique that trains your brain to reframe negative thinking so you can build your resilience and overcome any challenge that life throws your way.

Her story has been featured on Forbes, Good Morning America, MSNBC and various other media outlets and podcasts.

Please join me in welcoming, Karen Millsap.