

With almost twenty-five years of experience in leading transformational movements, Karen is driven by the belief that well-being is the foundational enabler to everything we do and strive to achieve at both an individual and organization level. Dynamic, innovative, and inclusive thought leader with a proven ability to create a shared vision, develop and execute comprehensive strategies, unify efforts in diverse matrixed organizations, with a documented track record of driving meaningful organizational change. Karen's loyalty and shared commitment are fundamental to her ability to influence and drive cultural transformations.

Karen is married, mother of 4 children, herd mom of many rescues, and a practicing martial artist.