



Karen Konrath
Executive Coach

Karen is an ICF certified executive coach and experienced business leader.

Karen believes that every one of us has the potential to lead. More importantly, she's learned that every one of us has the potential to **become** the leader we most want to be in our organizations, our careers and our lives.

Karen's approach to coaching enables people to cope more effectively with complexity and ambiguity, assists them in growing and enhancing the way they make sense of things, and allows them to more easily take on the skills and capacities most required to work (and live) alongside of others. Ultimately people become more visible to themselves and others become more visible to them. This in turn creates the opportunity for greater compassion and choice in those behaviors that will enable them in becoming the most effective leader they can be.

Karen has worked with direct reports to the CEO, vice presidents, directors and mid-level managers focused on improving such areas as executive presence, communication & relationship building skills, change/transition management, conflict management/resolution, delegation, feedback and other key leadership competencies.

Qualifications

- B.S. Psychology with a concentration in Industrial/Organizational Psychology
- ACC Credentialed Coach, International Coach Federation
- Leadership Circle Certification

Areas of Expertise

- Executive/leadership coaching
- Leadership effectiveness
- Emotional intelligence
- Confidence/presence
- Change/transition management
- Communication
- Team effectiveness

Sectors: Financial Services, Healthcare, Higher Education, Manufacturing