



# KAREN M. GRIDLEY

## Workshops • Seminars • Keynotes • Media

TOPICS include:

- ❖ **Excuse Free Stress Management:**  
Shatter Stress Before it Shatters You!
- ❖ **Excuse Free Communication:**  
Dealing With People You *Think* You Could Do Without!
- ❖ **Excuse Free Success:**  
Winning by Losing!



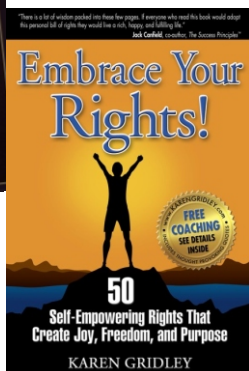
**Karen Gridley** leads people to take control of both their business and their life as she exposes the excuses that prevent problem solving and block success.

As a *Recovering Excuse Maker™* herself, Karen inspires people to own their choices and their outcomes professionally & personally.

She is a dynamic, personable and thought-provoking professional speaker, life coach and author.

*“The outcomes we experience in life are determined by the choices we make or the excuses we create.”*

– Karen Gridley



Ask About  
Karen's Exclusive  
Excuse Removal Tools



*“One of the best trainings we've had... I am already benefitting both personally & professionally.”*

– Michelle J.

*“The tools I learned will help me be a better father, husband and employee.”*

– Lorenzo G.

*“The moment she ... started to speak I was captivated by her “energy.” ... Her humor is contagious! ... I felt so inspired and excited to work on these new skills that left me feeling empowered.”*

– Karen M.

*“Karen took time to do her ‘homework’ and provide training that was directly related to (us)... Not an “off the shelf” presentation”.*

– Elliott J.