



KAREN M. GRIDLEY

The Excuse Removal Expert™

Coaching/Consulting • Workshops • Speaking

Why **HIRE** Karen?

Karen will give you, your staff or your team the practical tools to ...

- Increase productivity
- Excel as a high performer
- Improve communication
- Enhance relationships
- Decrease stress
- Gain confidence
- Build strong leaders and teams

"I love Karen's approach because she is humorous, and she has a light but content-rich approach to the subject of removing excuses and getting success."

— Nancy Sanders
Co-owner, Three Dog Marketing

"Karen was able to provide key learning concepts into actionable plans for our participants in a manner which kept them listening and engaged."

— Dr. Kimberly Smerkers
Washoe County School District, Education Support Professionals Training Coordinator

"Karen has enabled me to dramatically improve the way I approach day-to-day living. I have replaced excuse making and procrastination with new proactive and positive behaviors. As a result, I am much more productive and responsive professionally."

— David Hash
Owner, Continuum Consulting

Are you or your team experiencing...

- Miscommunications that cost time, money, and productivity?
- Lack of focus, initiative, or follow-through that impedes growth?
- Excuses or blaming that prevent effective, day-to-day operations?
- Procrastination challenges that lead to missed goals, targets or deadlines?

Karen helps ENTREPRENEURS and COMPANIES get more done in less time with less stress.

Participants will learn to...

1. Overcome the hurdles that block success
2. Improve personal and professional communication
3. Develop strong leadership skills
4. Take ownership of choices, actions and results
5. Complete deliverables on time

Who is Karen Gridley?

- Business Performance Coach
- Recovering Excuse Maker™
- Former chemist, with 20 years' experience
- Unique blend of the HEAD and the HEART

Guiding YOU to improve performance, get more clients and catapult the bottom line!

BOOK KAREN TODAY!

For information, please contact your Speaker's Bureau

