

Karen Gridley is the excuse removal expert™. She is uniquely qualified to talk about removing excuses to achieve success because she herself is a **Recovering Excuse Maker™.**

As a business owner, professional speaker, life coach and author, Karen empowers people and provides practical tools and solutions in order to achieve optimal performance. Karen works with people who want to get out of their own way to be successful and live the life they desire – and Deserve!

She is the best selling author of *Embrace Your Rights*, as seen on Lifetime Television's *The Balancing Act*. Please welcome,

The Recovering Excuse Maker™ . . . Karen Gridley