

KAREN M. GRIDLEY

the excuse removal expert™

Testimonies

Spending my entire career in sales, I've heard more than my fair share of "motivational" speakers. I found Karen's presentation to be informative, thought provoking and one that should resonate with everyone. I found the information to be valuable, informative and easy to implement in my day to day activities. The tools and tips Karen shared are ones that can and should be applied to ones daily life, personally and professionally.

Randy Bressler
Sales Management Professional



. . . The moment she stepped to the front of the class and started to speak I was held captive by her "energy." . . . She not only knows her material but you get a sense that she is sharing her own life experiences. Her humor is contagious!! . . . I felt so inspired and excited to work on these new skills that left me feeling empowered. Karen helps you accept "change" in a positive manner. Thank-you Karen! . . . my eyes and heart have been opened up to a whole new way to supervise. . . .

Karen Mankins RN
Administrator RCFE
Carmel, CA

I am grateful for the time Karen Gridley spent at the Castro Valley Sanitary District. I thought it was the best training we had ever received. I am amazed at how many members of my team continue to reference Karen and the ideas she conveyed; in particular, not making excuses and taking responsibility for our actions. This can be heard all around the office – what a change for the better!

We thank Karen for coming to the Castro Valley Sanitary District and showing us how to be better at work, home, and wherever else we find ourselves.

Roland P Williams, Jr.
General Manager
Castro Valley Sanitary District

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Karen's workshops provide an excellent forum for understanding the role we each play in our quest for a satisfying and successful life. Her topics are relevant, and are presented with expertise and a great sense of humor! Her enthusiasm is contagious, and after our first meeting I felt like she genuinely "got me" and could help me achieve my personal and professional goals.

David Hash
Owner, Continuum Consulting, AZ

"One of the challenging tasks I have as a manager is finding speakers who can relate to our employees. Karen Gridley provided an excellent training experience for all. I was extremely impressed with Karen's quick understanding of our needs and the customization of her presentation. Many staff have shared with me how much they benefited from the presentation and the information and message that Karen shared.

Karen's presentation included valuable information and tools to carry back into our daily operations that will benefit many more people than those who heard her on that day. Her message is compelling and helped energize our staff."

Julie Dunning
Deputy District Director, Administration
California Department of Transportation, District 10

2 things I liked most about the training. First was the "HOPE" she gave individuals that change is possible and if you are steadfast it can & will happen. Secondly, it would be that she included both the "what" and "how" in her presentation which makes developing & implementing new procedures/habits easier. I find Karen to be very personable and she presents information in a very non-threatening way. Karen, you are dynamite! Keep up the good work!

Pat Krevey,
Administrative Assistant
Castro Valley Sanitary District

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Karen addressed our group and absolutely enthralled everyone. She brought energy, common sense, and humor to her presentation. She has a unique ability to connect with everyone in an audience and get them to engage, enjoy and be energized. Nice job, Karen!

George Fleming
Board Member, Arizona Entrepreneurs
Momentum Coaching Resources, LLC

I was truly engaged in your presentation and felt it directly as a personal experience, regardless of the fact the room was filled with about 100 people or more. I believe that is a gift to be able to reach people in the audience individually and make it personal for each one. You truly accomplished that during that seminar. Your demeanor was so graceful and centered it was easy to focus fully on what you were saying. There emanated a calmness through you that was almost healing as well as supportive. I felt as though I gained a great deal of knowledge and also a friend!!! I am glad I attended this seminar and would highly recommend others to attend your future seminars as well.

Victoria R. Rodney, MA LCTT
Christ Cares For You Ministries, Inc.

I admired how she greeted everyone when they came into the room. She spoke with such confidence and held my attention throughout the seminar without any visual aids. The one thing that stood out was she made a lot of sense. Her examples played into every day occurrences that I had experienced first hand . . .

Greg Giroux



Design support and sustaining engineering manager
Fresno, CA

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We recently collaborated with her on a customer service training initiative for our school district. Karen was able to provide two learning opportunities for our staff extending the key learning concepts into actionable plans for our participants.

She was able to provide some new ideas that may have been “standard practice” in a manner in which kept participants listening and engaged. I recommend her for organizations seeking to deliver customer service training.

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

Karen is a very enthusiastic & entertaining presenter who provided our employees with a wealth of knowledge on the subject of communicating. very direct and to the point our employees loved her.

Tina Stewart

BSAHS Education Manager

Amarillo, TX

I believe that any group could benefit from hearing Karen lecture she shares her material in a way everyone can relate to. As a speaker she is entertaining and provides tools to improve personal and professional effectiveness which can be applied immediately. It is easy to see how these concepts will improve your quality of life!

Dr. Katherine Iacuone
Desert Valley Chiropractic