



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!



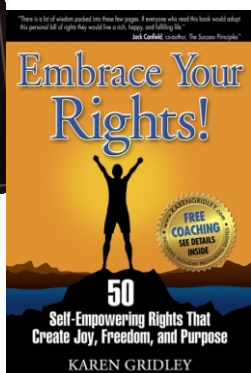
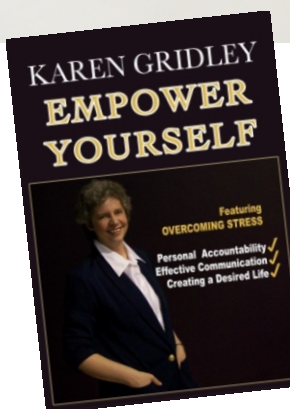
Karen Gridley leads people to take control of both their business and their life as she exposes the excuses that prevent problem solving and block success.

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.