

Karen M Gridley Biography



the excuse removal expert™

Accountability Communication Stress Management

Karen M Gridley

KMG Enterprises, LLC

PO Box 26927 • Phoenix, AZ 85068

v- 602-870-3652 • f- 602-870-3653

www.KarenGridley.com

Karen@karengridley.com

Karen Gridley is the excuse removal expert™. She leads people to take control of their business and their life as she exposes the excuses that prevent problem solving and block success. As a **Recovering Excuse Maker™** herself, Karen gives practical tools for people to own their choices and their outcomes, professionally and personally.

Significant results you'll learn include a shift from excuses, blaming, and justification to productivity, effectiveness, and accountability. Dealing with issues in business or in life, her principles shed light on how to be more productive, effective and accountable.

Karen works with companies, associations and individuals that want to remove excuses, improve performance, achieve goals, and increase the bottom line.

Topic Areas:

- Excuse Free Stress Management
- Excuse Free Communication
- Excuse Free Success

Client Sampling:

- Castro Valley Sanitary District
- CO Department of Transportation
- BSA Health System
- Caltrans
- Washoe County School District
- International Virtual Assistants Association (IVAA)
- Women's Conference – Franciscan Renewal Center
- Chamber of Commerce
- Kiwanis • Soroptimist • ABWA • NAWBO

Education:

- BS, LeMoyne College
- AAS, Onondaga Community College
- Jack Canfield Breakthrough To Success Training