

### **Coaching/Mentoring (Male-20's)**

Right out of college I knew working a typical 9-5 job was not for me. I had a decent understanding of general business practices, but I'd be lying if I said I was an expert entrepreneur. I decided to venture off and start my own company and had Karen every step of the way providing guidance and insight where she deemed necessary. Goal setting, commercial lease negotiations, budgeting, payroll, insurance requirements, among others were all in Karen's wheelhouse. She knows the ins/outs of start-ups and how to not let things fall through the cracks, without a doubt.

Although her knowledge and experience is impressive, it is her ability to teach others and pass on her lessons into tangible skills that have made her a beneficial mentor to myself. I have witnessed her not only coach me, but I have witnessed her grow herself while coaching me. Her words are confirmed with her own actions in her business successes and failures. I would highly recommend her for any mentoring role you may need filled.