



www.KarenDeanSpeaks.com

Karen Dean

RESILIENCE EXPERT,
INSPIRATIONAL SPEAKER
& BESTSELLING AUTHOR

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RESILIENCE EXPERT. INSPIRING SPEAKER.
BESTSELLING AUTHOR. FIERCE LEADER. MENTOR.
MOM. SURVIVOR. ADVOCATE. LIMIT-PUSHER.

Resilience is the key to success in business, leadership, and life.

In a world that constantly challenges us, resilience isn't just a trait; it's a game-changer. Karen's unique approach goes beyond traditional learning experiences; it's **an immersive journey that leaves audiences inspired, empowered, and equipped with actionable resilience tools to thrive through challenges.**

Whether navigating the complexities of business, leading teams through turbulent times, or seeking personal triumphs, **Karen seamlessly connects with diverse audiences.**

Her talks are more than motivational; they're **a toolkit for navigating life's rollercoaster.**



Discover the contagious positivity that Karen brings to every room she enters, leaving audiences with **a renewed sense of purpose and optimism.** Resilience isn't just a concept; it's a universal language that Karen speaks fluently, ensuring a personal connection with each listener.

Choose Karen for **an unforgettable, transformative experience** that extends far beyond the session itself. Get ready to redefine success in business, leadership, and life through the extraordinary power of resilience.

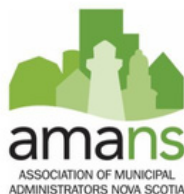
Why Hire Karen?

   @KARENDEANSPEAKS

Karen Dean is a powerhouse of wisdom—real, gritty, hard-earned wisdom that you can't learn from a book but only through surviving life's toughest battles. She is a highly-rated inspirational speaker, coach, and resilience expert with 25+ years of experience helping people not just survive, but thrive, in their careers, businesses and personal lives.



KAREN HAS INSPIRED AUDIENCES AT:



Women's Power Summit

What People are Saying about Karen

“ Karen’s presentation for Farm Credit Canada was the **MOST successful mental health webinar we have ever organized. It was exceptional. She was honest, genuine, and had an outstanding consideration for the audience. Her light shines through her words, and she is very empowering.**

“ I wanted to personally thank you for the resilience workshop. It really resonated with me on so many levels. The timing was perfect and I think this was very beneficial for everyone so again thank you for providing us with these tools that we can use daily.

“ **Awesome presentation, very real and relatable, would recommend this for anyone or any group of people to learn and take something away from it.**

“ Karen was engaging, relatable, with down to earth, practical suggestions.



“ **Unbelievable speaker, really hit home!**



“ Very insightful and informative.

“ **I felt very connected, her story is fantastic!**

“ Resilience tools presented by a woman who learned them the hard way. Good tools, usable right away.

Who is Karen?

KARENDEANSPEAKS.COM

**Mental Fitness & Mindset Expert |
Inspiring Speaker | Bestselling
Author | Entrepreneur**

Karen is an incredible motivational speaker, coach, entrepreneur, and bestselling author who shares her personal stories of resilience and proven tools for success—while inspiring audiences with her signature mix of real talk and contagious positivity. She helps build stronger workforces with easy-to-implement tools that foster resilience, boost team performance, and enhance workplace culture.



With more than 30 years of experience as a successful entrepreneur, Karen has been recognized as a four-time nominee for the **RBC Canadian Women Entrepreneur Awards** and has been featured on **CBC, Global TV, CTV Atlantic**, and **Eastlink's Women Now**, as well as on numerous international podcasts.

Karen's message reaches far beyond the stage. She has garnered more than **53 million views on TikTok** and reaches **25,000+ people weekly** across her social media platforms, building an active and loyal audience of people committed to personal growth and resilience.

Since 2018, she has raised over \$130,000 for families in need in Nova Scotia and was honoured with the QueenPin (Halifax) Award in 2020 for her commitment to community impact.

In 2020, she published her Canadian and Amazon bestselling book *We Are Unbreakable*, followed by *Fierce & Fabulous: A Self-Love Journal* in 2022.

A proud solo parent to three incredible humans, Karen brings lived experience, humour, grit, and heart to everything she does. Her mission is clear: to help others strengthen their mental and emotional capacity, lead with clarity, and thrive in life, business, and beyond.



SPEAKING TOPICS

- ✓ Raw. Real. Resilient. Making You and Your Workplace Stronger!
- ✓ Own Your Power: Building Resilience to Lead and Conquer
- ✓ Mind Over Matter: Unlocking Your Resilience
- ✓ What's (self) Love Got To Do With It?
- ✓ Women Empowerment

KAREN HAS BEEN FEATURED ON



RESILIENCE CAN TRANSFORM YOUR TEAM OR CONFERENCE ATTENDEES



START THE TRANSFORMATION

Contact Karen now for an unforgettable, transformative experience. Get ready to redefine success in business, leadership, and life through the extraordinary power of resilience.

hello@KarenDeanSpeaks.com

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Personal Empowerment: Karen doesn't just speak; she creates an immersive experience. Attendees leave not just inspired, but seen, understood, and armed with practical tools for conquering challenges.

Real-Life Strategies: As your go-to resilience expert, Karen provides more than just motivation. She equips your audience or team with tangible strategies for navigating both professional and personal rollercoasters.

Positive Energy Boost: Karen's talks radiate positivity, infusing your workplace or event with an atmosphere that's contagious. Expect an audience that leaves with a renewed sense of purpose and optimism.

Universal Connection: Resilience is a universal language, and Karen speaks it fluently. Regardless of industry or background, she effortlessly connects with diverse audiences, making the experience deeply personal for everyone.

Transformative Impact: Karen crafts an emotional journey that extends beyond your time with her. Choosing her isn't just a choice; it's an investment in an experience that leaves a lasting, positive impact on your audience or team.

Contact Karen at hello@KarenDeanSpeaks.com to start the transformation.

Frequently Asked Questions

Can we hire Karen to come into our workplace?

Absolutely! Karen offers a range of options, including half-day, full-day, and multi-week workshops, both in-person and online. Whether you're looking to dive deep into resilience strategies or customize a program to fit your organization's specific needs, Karen is ready to bring her expertise directly to your workplace. Find out more at <https://karendeanspeaks.com/for-workplaces-and-teams>.

What does Karen need on the day of the event?

Karen is easy to work with. She only requests the following things to make the day a success: a quality microphone, a projector and screen, 2 bottles of water, and an engaged audience. We will provide an introduction for you to read before Karen's presentation, as well as a biography and a photo for you to use in promoting your event.

How long will Karen speak for?

Karen's keynote presentations are usually in the range of 60 - 75 minutes. However, the presentation can be condensed to a 30 - 45 minute version, if necessary. If you are looking for more in-depth trainings, we can work with you to customize a program to meet the needs of your organization or group.

Is it possible for Karen to join us for dinner, a panel discussion, a fireside chat, Q & A, a book signing, etc.?

Absolutely! Please let us know at the time of booking and we will adjust our schedule accordingly.

Can we record Karen's presentation?

Recording Karen's presentation is not permitted without prior consent. If you would like to record Karen's presentation, please consult Karen's team in advance of the event. A licensing fee may apply.

Ready to transform your team's resilience?



To book Karen:

Email details of your event to: Hello@KarenDeanSpeaks.com

OR

To get to know Karen better, book a connection call at
<https://calendly.com/karendeanspeaks/connect>