



KAREN GRAY



CHAMPIONING THE HUMAN SPIRIT

EXECUTIVE MINDSET COACH

I partner with professionals who are ready to discover, improve, and own their human value quotient (VQ), so they can confidently make the impact they desire while finally getting paid the money they deserve.

COACHING OPTIONS

COACHING ON RETAINER - THE PATH TO DISCOVERY

1 Hour Coaching Sessions. Available in 3, 6, 9, or 12 Session Packages

This option is perfect for those who want to try out the coaching experience before considering the 6-month coaching program or because their schedule simply doesn't have the capacity for a weekly coaching commitment. RECHARGE is an affordable way to get the type of support you need right now!

EXECUTIVE COACHING - THE PATH TO YOUR POTENTIAL

Four - 1 Hour Coaching Sessions per month. Available in 6 or 12 Month Packages

My Executive Coaching Partnership Programs are designed to provide support, transformation with no-bs accountability and ownership. I provide my clients with nurturing support, empathy, and understanding to help you overcome the blocks that are keeping you stuck, exhausted, and drained. This is the package ideal if you are committed to your future, open to transformation and ready for a change!

GROUP COACHING - THE PATH TO YOUR EVOLUTION

12 Week Private online group program

Executive Coaching, Personal Development and Mind/Body Transformation. You will come away from each 12 week Mastery Program with a PLAN, PATH, PURPOSE, and RENEWED PASSION for your POTENTIAL... THE 5-P's of Possibility! 2023 Group Programs: March 30th (Money Mindset Mastery) and August 17th (Value Awareness Mastery)

Payment Plans and Pre-Pay discounts are available
Scan QR CODE to book a call
Contact me for more details



Karen@coachkarengrey.com



www.CoachKarenGray.com



325-213-2600



KAREN



GRAY

CHAMPIONING THE HUMAN SPIRIT

WHAT I DO

On my path to becoming an Executive Coach I've also become an expert in Human Behavior. "What Is that?" A human behavior expert is someone who understands why we do the things we do and facilitates solutions and techniques to change the behavior that no longer serves us. A human behavior expert deals with emotions, thoughts, and subconscious belief systems that usurp the possibility of your highest potential. Since the pandemic changed the culture of how we do business, I don't believe we will return to the traditional way of leadership. We must adapt, pivot and navigate these uncertain times, both virtually and face to face as we champion the human spirit to move our teams, businesses and communities from surviving to thriving.

WHO I WORK WITH

I partner with C-Suite Leaders, Executives in Mid-Management, Entrepreneurs, Business Owners and those looking to transition from Military or Law Enforcement into Entrepreneurship or Corporate positions. I also support those who have the desire to make a social impact in the world they influence.

HOW IT WORKS

I have spent 2+ decades researching and understanding the mind - body - spirit connection and designing a curriculum that "Champions the Human Spirit" which can be articulated through 9 foundational elements: Rediscover : Align : Connect : Potential : Purpose : Passion : Mindset : Faith & Freedom to achieve the ultimate personal awakening and transcendence to a life of a higher calling and purpose. We dedicate at least 1 session (approx 1 Hour) per week for a 6 or 12 month time frame (your choosing). The work, dedication and additional effort each individual puts into their personal transformation between sessions will be the biggest differentiator and determination of their success.

WHY IT WORKS

The programs I create are based on my life, professional experience as well as my educational training and 30+ years of self-development. These methods are scientifically tried and proven to transcend surface-level transformation. Why? Because what I do with clients engages your mind-body-soul connection. Almost anyone can do surface-level transformation or require obedience and performance, But to change the fundamental way someone sees themselves and how they interact with the world, requires a heart connection, hard reset and reprogramming of their lifetime conditioning to enable them to accept and experience a new lens to view the world with a changed perspective of possibilities.

WHAT MAKES ME DIFFERENT

In addition to my iPEC Training & ICF, PCC, CPC and ELI-MP Certifications, I spent 30+ years in the Financial Services industry obtaining several FINRA designations - all of which taught me a lot about the human mind, conditioning along with how the beliefs, behaviours and relationships we are modeled as children impact the adults we grow into. For women, the Money Mindset / Money Relationship dynamics are especially impactful on our worth, value, confidence, identity, and ultimately our perceived potential. This experience, coupled with my own personal adoption story and journey to healing, wholeness and transcendence enables me to integrally understand what it takes to help others reinvent and reprogram their mindset to experience the transformation they deserve.

Scan QR Code for Full Bio or go to: coachkarenggray.com/aboutkaren

