



Karen Paul

NLP Master Practitioner Performance Coach Leadership & Management Trainer



Karen Paul is a charismatic, warm and energetic presenter. She can build rapport with large audiences and individuals alike, transforming people with her interactive and sessions on performance psychology.

Karen's background is in the Media Industry both selling and buying for Publishing Houses such as Dennis Publishing and EMAP Media and the Saatchi and Saatchi Advertising Agency.

Her clients consisted of a broad range within the Computer Industry and Home Entertainment industry representing Sony, Apple, Microsoft, Logitech, Dell Computers, DreamWorks, Disney, Toshiba and Blockbusters.

Karen also worked as a Head Hunter within the Media Industry where she learned very quickly the 'wish list' requirements for the ideal candidates, and she realised there were common themes.

Throughout Karen's professional career she has gained a reputation as the 'Peace Maker' often being selected to work on accounts requiring immense investment to firstly resolve conflict and establish a trusting and mutually respectful working relationship, which resulted in long-term business.

Karen excels at resolving conflict, applying her skills in performance psychology and transactional analysis.

Karen is also passionate about coaching and working with individuals with big challenges to overcome. Often clients' feedback that Karen is very energetic, enthusiastic and playful but she also won't let you get away with only giving little of what you are capable of giving.

Karen can deliver training on all of the Reed-Robbins Performance Solution syllabus and can tailor material for your event, taking into account the culture, values and needs of your delegates.

She has worked with many large organisations such as NATS, Kindred, BNP Paribas, NDS, LSH, LucyGroup, British Sugar, Wickes and Travis Perkins Group.

Karen's specialist subjects include:

- Management and Leadership Development
- Powerful Presentation Skills
- Personal Impact & Branding
- Coaching Skills for Managers
- Communication & Influencing
- Time Mastery
- Resilience And Stress Management
- Employee Engagement Training
- Managing Difficult Conversations
- Dealing With & Resolving Conflict
- Negotiation Skills
- Parental Transition Coaching
- Unconscious Bias Training

To contact Karen Paul

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