

About Karen

Karen began her working life in local government and although her intention was to stay for 1 year, Karen very quickly moved up the ladder and established a good career for herself which lasted for 21 years. She worked as a Secretary to top advisers from most departments within a large local authority and gained much experience and knowledge in personnel matters.

After having her third child Karen decided to take time out to be with her young family when they reached school age. Karen gained employment working in administration in a nearby Secondary School. However after several years, Karen developed acute Carpal Tunnel Syndrome and this proved to be the catalyst that has so changed her life.

Karen needed emergency hand surgery. However as this was only partially successful, she could not return to an administrative role.

As Karen had always been interested in the workings of the mind she decided to retrain herself and sought to enrol on a Clinical Hypnotherapy course. Karen is a very positive person, with an inner strength and a belief in herself. She knew that one day she would have her own business. She immersed herself in the theory and practice of development and motivation. Karen was delighted when she was offered a scholarship from London College of Clinical Hypnosis to train in Clinical Hypnotherapy. Karen had already trained in spiritual healing and Reiki healing. Her life was changing fast.

Today Karen is a fully qualified Clinical Hypnotherapist and is one of the best Personal Development Coaches. She is passionate about her work and works with both individuals and corporate companies helping people to achieve their goals and dreams. Karen also is a Reiki Master and is a trained Teacher of the Louise Hay philosophy. Karen has trained with many world leaders and her most memorable experience was training with the Dalai Lama. Karen regularly provides training in personal development.

Karen has developed a unique style to her talks and has people very eager to change their lives. Her most recent presentations were to the Royal Television Society and Scotland's Under-21 Rally Drivers helping to motivate people from all walks of life. Karen was given wonderful positive feedback from her talk and the day was a very big success.

Karen is a compassionate woman who has worked and developed people from all professions from nurses, ex-prisoners, lawyers, teachers, local government personnel, drug addicts, alcoholics, professional sportsmen and women and children.

Karen has a passion for working with cancer care and has spent time with some of the worlds best cancer care healers. She continues to help turn people's lives around, including people the medical profession had given only a short time to live.

Karen's aim is to restore good health and well-being on a physical, emotional, mental and spiritual level worldwide.

"When you change the way you look at things,
the things you look at change"

Dr. Wayne W. Dyer