

Karen Eddington Introduction

Our speaker is a 15-year researcher on *The Under Pressure Project*, and is the author of “Understanding Self- Worth.”

As a community leader she has founded a self-worth outreach center, and done over 50 TV appearances, even earning a feature on ESPN for her work breaking stereotypes. Her online videos include a TEDx talk on connecting though laughter, and a family comedy clip with over 1.3 million views.

Half of which are views from her mom.

The other views came from lost cousins asking for her pin number, (pause for laughter) and commenters insistent that she parts her hair on the wrong side.

When not researching or speaking, she can be seen driving carpool in her small farm town, usually stuck behind a tractor.

Helping us learn from The Under Pressure Project,
please join me in welcoming, from Nibley Utah...

speaker, author, and recovering perfectionist,

KAREN EDDINGTON!