

RESILIENCE RESEARCHER
INTERACTION **SPEAKER**

Karen Eddington helps organizations

INTERACT

so people want to **come back**

REPEAT BUSINESS. **RETAIN** RELATIONSHIPS.
RECOVER FROM SETBACKS.



PROGRAMS

The A.R.T. of Interaction

Create a welcome experience
in a leave me alone era.

Brave and Creative Leadership

Skill sets inspired by a young entrepreneur.
Build community. The Courage Shoe Effect.

Strong Under Pressure

Lessons Learned from the
Under Pressure Project

DISCONNECTION IS KEEPING PEOPLE
AWAY. LEARN TO LIVE AND DO
BUSINESS IN A TIME OF ISOLATION.
KAREN WILL TEACH YOU TO INTERACT
FOR RESULTS.

Tell me about your event!

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Karen Eddington is a 20 year resilience researcher, keynote speaker, and author, who teaches you connection skills based on her research in The Under Pressure Project. Featured on ESPN for helping student athletes develop leadership skills, founder of a non-profit outreach program in Utah, and neighborhood chalk artist, Karen teaches the importance of community at conferences across the country.



"VERY ENGAGING"

JumpStart Conference

"YOUR PRESENTATION WAS EXACTLY WHAT WE WERE LOOKING FOR
I WAS ALSO IMPRESSED WITH HOW MUCH YOU KNEW ABOUT OUR
ORGANIZATION. YOU HAD CLEARLY DONE YOUR RESEARCH."

TECS Staff Training

"I TOOK SO MANY NOTES!"

LWAG Association Annual Meeting