

**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.

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.



“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

“VERY ENGAGING”

JumpStart Conference

“I TOOK SO MANY NOTES!”

LWAG Association Annual Meeting