

# KAREN

*Eddington*

## STAGE INTRODUCTION

Our speaker is a 20-year researcher on The Under Pressure Project and author of Understanding Self-Worth. She has done over 50 TV interviews based on her Strong Under Pressure work, and she has been featured on ESPN for helping student athletes develop leadership skills.

Her daily goals include  
making the grocery cashier laugh,  
getting a stranger to take off their headphones in public,  
and for introverts to enjoy meetings.

When she is not speaking,  
you can find her singing off key to Sweet Caroline.

Here to help YOU lead through the safest and most  
isolated generation please welcome...  
KAREN EDDINGTON!