

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, founded a non-profit outreach center, 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 at the airport, 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 in a time of isolation
please welcome...

KAREN EDDINGTON!