

Karen Stabile, Life Coach, LLC

Life Coach/Image Consultant at Karen Stabile, Life Coach, LLC

Columbus, Ohio Area, OH, US

Leadership Development Coach/Image Consultant who specializes in sharing the joys of becoming a people loving company!

Biography

Karen has been able to apply her 15 years of business experience, obtained through working in the high end business retail arena, along with her passion to help leaders realize their greater potential. Prior to becoming a full time business coach, Karen was achieving results through leading and developing a high-performance team that blazed a trail and set outstanding records for having the ability to prioritize needed changes and embrace a winning “servant of service” attitude that was not only effective, but highly contagious. Karen, established a local reputation for embracing growth and development, which lead to a winning reputation at the corporate level of the companies she was a part of. Creating greater self-awareness is the beginning focus that leads to success. Knowing significantly more of who you are a great place to begin moving forward in your life and your career.

Karen thrives on the opportunity to help instill a sense of unity within organizations and bring a greater sense of understanding and respect for each individual. In addition to her role as a coach, she has developed workshops to help people embrace a greater level of Emotional Intelligence in the work place, understand the power that knowing the personalities can give, and how to adopt a stronger sense of Social Intelligence with each person to person transaction. Realizing it all begins at the top and moves to each participant in the organization, Karen helps leaders value all those who are imperative to the success of the business they oversee, while also helping each employee to realize the value of those who are leading them.

Karen enjoys living in the city with her husband of 35 years, and their English mastiff, Edison. She is passionate about healthy living and enjoys biking, running, and plenty of outdoor time throughout the year. She is a committed life time learner, who makes reading a priority and key to staying current in order to better serve those she counts it a privilege to work with.

Availability

Keynote, Moderator, Workshop, Corporate Training

Industry Expertise

Training and Development, Professional Training and Coaching, Business Services

Areas of Expertise

Personal Development, Emotional & Social Intelligence Development, Freedom Through Personality Assessment

Affiliations

American Association of Christian Counselors, International Christian Coaching Association, Affiliations , Gallup, Inc., Called to Coach, StrengthsFinder for Managers and Teams

Sample Talks

Emotional Intelligence in the Workplace

The importance of implementing Emotional Intelligence in our organization, and how it impacts our lives. Providing practical examples to unfold the aspects of self-awareness, self-management, social awareness, and social skills.

Why some careers are able to move forward...

- Comparative Look at Low Levels/High Levels of EI
 - Check Up, Do I have what it takes?
 - Characteristics of High EI
 - 10 Practical Action steps to acquire more EI
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Event Appearances

Emotional Intelligence

Coaching For Success in the Workplace

Freedom Through Personality Assessment

Coaching for Success

Freedom Through Personality Assessment

Coaching for Success

Education

Light University

Life Coach Biblical Counselor

Austintown Fitch High School

Light University

Certified Life Coach Business Coaching/Counseling

Light University

Certified Life Coach Life Coach/Counseling

The Academic

Certified Executive Leadership Development Coach Executive Leadership Development Coach

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