

### Karen Katz Bio

Karen Katz is a Certified Professional Life Coach, specializing in Mindset. Through the years she has helped hundreds of people going through difficult transitions in life to develop the necessary mindset to create powerful transformation that comes from the gift of challenge. Her proven techniques not only focus on getting the mind to become your biggest ally but provide a complete sense of peace and wellbeing by bringing the mind, body and spirit in perfect alignment. Her company, I Can Period, helps people connect to the power within to overcome any limitation and achieve their biggest desire.

Karen has been training IT skills for over 20 years in the corporate, academic and nonprofit sectors - which led her to clearly see the common limitation her audiences faced - their own internal mindset blocks. This led her to become a Certified Professional Coach and Energy Master Practitioner with the Institute of Professional excellence in Coaching (IPEC) - specializing in mindset, mindfulness, stress management, energy management and health and wellbeing. She has facilitated trainings and seminars (online and in person) on the topics of the power of a positive mental attitude, stress management, manifestation, mindfulness and overcoming the fear of public speaking for the last 9 years.

Her personal terrifying fear of public speaking led her to a 9 year Toastmasters journey where she accomplished Advanced Awards as well as distinguished leadership roles running events that multiplied attendance by numbers never seen before and leading a mentoring program as the Education VP of her club.

She has a degree in Systems Engineering from the Metropolitan University in Caracas Venezuela and is completely bilingual.

In addition, her approach to health and wellbeing includes a total mind and body balance, leading her to become a certified fitness group instructor with AFAA (Aerobics and Fitness Association of America), so she can share proven exercise and relaxation techniques to further enhance the wellbeing of her clients and audiences.

She is based in Miami, Florida.