



Karen Wright
MCC, CHC, CAPP
Executive Coach

Karen is an executive coach, working with C-suite and senior executives, entrepreneurs and top talent to leverage their strengths to achieve organizational and business goals, and with talent management executives to build leadership capacity. Karen consults with organizations wanting to manage their use of coaching as a development resource. Her first book, "The Complete Executive: The 10-Step System for Great Leadership Performance" was released in September, 2012.

Karen is a Master Certified Coach, the top designation granted by the International Coach Federation, and she was the first coach to be certified in Canada. Karen continues to contribute to the development of the profession by mentoring and educating new coaches. Prior to becoming a professional coach, Karen worked in Canada and the U.S. for both publicly traded and privately held Fortune 500 companies so she has had direct experience of the leadership challenges that face many of her clients. Karen's personal background includes family business and entrepreneurship allowing her the unique perspective of having those direct experiences as well as those of the corporate world.

Karen earned a MBA from the Ivey School of Business, and her BA in Economics from Western University. She completed coach training from two leading accredited schools and has taught for both schools. Karen is trained in numerous assessment instruments and has worked extensively with numerous 360 feedback survey tools and qualitative insight processes. She is a Certified Health Coach from the Institute of Integrated Nutrition, has a Certificate in Applied Positive Psychology and is currently studying the neuroscience behind the effectiveness of coaching.

Karen is a nationally published columnist, a frequent contributor to various media and a sought after keynote speaker. She has served on multiple boards including The International Coach Federation, Bridgepoint Health, Ivey Alumni Association, Earth Day Canada and Sick Kids Hospital's Corporate Advisory Board.