

# The Keynote



## SPIRAL UP SUCCESS! HOW TO SHIFT MOVEMENT INTO MOMENTUM.

Do you feel like giving up your entrepreneurial dream? So frustrated or angry because you've done the work but aren't seeing results? When the just-do-it approach isn't working anymore and optimism alone has you thinking one way but feeling another... **it's time to INTEGRATE energy and strategy. Learn how to shift movement to momentum... Generation X style!** Karen speaks about how energy influences success and how to spiral up from giving up to going strong to feel more freedom, harmony, and happiness as a result. **Book Karen to speak at [KarenFullerton.com](http://KarenFullerton.com)**



### TAKEAWAYS

#### **Faster results**

Create inertia for success instead of pushing for it.

#### **Learn How to Sustain Motivation**

Get off the up and down rollercoaster!

#### **Increase Emotional Freedom**

Use emotions as feedback to spiral up success vs. problems to overcome.

#### **Reduce Overthinking and Overdoing**

Balance mind with emotions; uplevel work/life balance.

### GEN X MUSIC

Great lyrics, like from Prince and Devo songs, connect with audiences in an entertaining way. Karen uses retro and reflection as tools to reframe & fuel growth.

#### **Live Music Option**

Powerful Duo! Karen's husband, Phillip, adds keyboard + singing to elevate the entertainment experience.

Phillip is a piano instructor with his degree from USC and former lead singer for national cover band franchise, The Spazmatics®

