



www.KarenFullerton.com

Karen Fullerton
SPEAKER MEDIA KIT



Hi. I'm Karen!

HELPING WOMEN GO FROM FORCE TO FLOURISH

Emotional resilience and mental well-being are deeply connected — yet most approaches to healing focus primarily on mindset, thought patterns, and the stories behind our emotions.

While this can create insight, it often leaves women still feeling stuck in cycles of overthinking, emotional fatigue, or internal pressure to “think their way” into feeling better.

Karen's work bridges this gap.

She introduces Emotional Gatekeepers™— patterns that influence how we process emotion and stress.

Karen helps women understand that emotions are not problems to solve, but signals to be understood — guiding us toward what needs attention, release, or reconnection. When we learn to work with our emotions instead of against them, we begin to shift the deeper patterns that shape how we experience life.



This creates a more integrated form of emotional well-being — where clarity isn't just mental, but felt. And from that alignment, a deeper sense of ease, presence, and joy becomes accessible again.



[Link to Full Article](#)

Karen Fullerton is a catalyst for profound healing and empowerment, blending 25 years of expertise in quantum energetics, Reiki, and spiritual guidance. A true embodiment of nature herself, she is dedicated to helping individuals, pets, and homes achieve balance, health, and joy. With her unique approach, Karen has earned the title of Best Holistic Life Magazine's Leader of the Year 2025.

A Journey of Transformation

Karen's path to becoming a leader in wellness has been shaped by diverse experiences—from marketing executive to non-profit founder to spiritual coach. As the founder of The Sergei Foundation, Karen raised over \$1 million to rescue pets for low-income families. Now, as a spiritual guide, she helps people reconnect with their True Nature, empowering them to unlock their potential for health and happiness.

Healing Pets, Places, and People

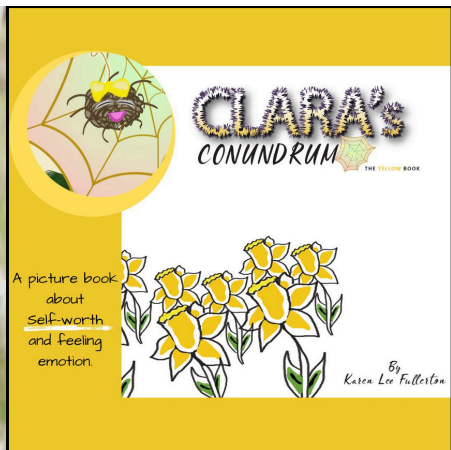
Karen's healing work extends to pets and homes, recognizing them as integral parts of the energy field. By helping pets release emotional trauma and clearing energetic imprints from homes, she facilitates long-lasting transformation. This holistic approach amplifies personal growth, creating a ripple effect that nurtures all aspects of life.

Quantum Energy and Nature's Wisdom

Drawing on nature's wisdom, Karen integrates six elements—fire, earth, metal, water, wood,

Looking to the Future
 Moving into 2025, Karen focuses on expanding her reach and helping others experience the transformative power of healing. She is committed to spreading the message of self-discovery and empowerment, inspiring individuals to embrace their True Nature and lead lives filled with vitality.
 Karen Fullerton's unique approach to healing continues to make a profound impact. Her work inspires others to embrace their full potential and live lives filled with vitality, joy, and success.
 To learn more about Karen's transformative work and how she can

EMOTIONAL WELLNESS BEGINS IN CHILDHOOD



Emotional and mental well-being begin in childhood. The way children learn to understand themselves, their emotions, and their sense of belonging lays the foundation for how they experience life as adults.

Karen's children's picture books introduce these foundational concepts in a simple, imaginative, and relatable way—helping children build early emotional awareness, self-worth, and connection to themselves and others.

Through storytelling, she helps children understand that emotions are not something to fear or suppress, but something to notice, express, and move through in healthy ways. Karen's mission is to help children grow up with a healthier emotional language—so they can carry self-understanding, resilience, and belonging into adulthood.

Karen's writing is not just for kids; her first book, Sergei's Eyes, Reflections of Soul Lessons, is part memoir and part soulful reflection. Through 14 heartfelt stories from her own life, Karen shares how her beloved dog, Sergei, became both a companion and teacher through life's challenges. Each vignette reveals a deeper emotional or spiritual lesson, inviting women to see how animals often mirror the healing, love, and truths we most need to remember.



KAREN AS A SPEAKER...

Karen helps women understand why mindset alone isn't enough when it comes to emotional well-being, burnout, and resilience.

She introduces the Emotional Bridge™, a simple framework that helps shift women from overthinking and emotional overload into greater clarity, presence, and emotional alignment.

Through relatable teaching and experiential insight, audiences learn how to recognize emotional patterns, reconnect to the body, and reset their emotional state in real time. Her talks are practical, grounding, and immediately applicable—helping women move from internal pressure to a more natural sense of ease, clarity, and joy.

Before her work in wellness, Karen was a CMO and nonprofit founder, bringing a unique blend of strategy, emotional intelligence, and real-world experience to every stage she speaks on.



FLORIDA CREATIVITY CONFERENCE
MARCH 11-13, 2022



“Karen spoke for our Summit, and it was one of the most highly attended in our virtual conference. She's not only a great speaker, but a great connector.

Dacia Henshaw, VP SheFactor

“I interviewed Karen live on many occasions for her Foundation and events. She is articulate, relatable, and you feel her passion; it's contagious! She has a big heart for helping people.

Chad Tucker, Fox 8 Anchor



The Speech



WOMEN'S EMOTIONAL WELLNESS SPEAKER



BUILDING YOUR EMOTIONAL BRIDGE:

BRIDGING THE GAP BETWEEN WHAT YOU THINK... AND WHAT YOU FEEL

What if your nervous system didn't get triggered in the first place? Most emotional overload isn't created by the conscious mind—so why are we still trying to “logic” our way into feeling better?

The truth is, many of us were never taught how to work with our emotions. Instead, we develop protective patterns Karen calls Emotional Gatekeepers™: Suppress, Avoid, Disconnect, or Absorb.

Modern self-development has taught us the power of mindset. But if you're “thinking better” while still not truly feeling happy, fulfilled, or emotionally free—there's a reason. The mind alone cannot restore emotional harmony.

Karen simplifies complex concepts around energy and emotional well-being into relatable stories and practices women can use every day to begin building their Emotional Bridge™—reconnecting them with more joy, clarity, and excitement for the future.

Inspired in part by the emotional wisdom of animals, Karen teaches that emotions are not obstacles to overcome, but messages asking to be seen and heard. Through stories of her husky, Sergei — a master of the emotional reset — women discover how joy, presence, and emotional resilience can be restored naturally.

The Emotional Bridge Process™

- **Recognize**—Identify the Emotional Gatekeeper patterns keeping you stuck.
- **Reconnect**—Shift attention from the mental story back into the body and your emotions.
- **Release**—Use Micro-Moments of Joy™ to reset and redirect the nervous system for lasting change.

Stop trying to out-think your feelings. It's time to reconnect with the kind of joy, presence, and aliveness that was never meant to disappear.

About Karen

Karen Fullerton is a quantum energy practitioner and thought leader around women's emotional wellbeing and resilience. She is a catalyst for transformative change.

Her expertise/certifications span more than 20 years and include:

- Master of Business Administration (MBA)
- Certified Usui Reiki Master/Teacher
- Certified Quantum Energy Practitioner
- Certified Stephen Minister

As a former CMO and nonprofit Founder, Karen knows how emotional energy is the catalyst for foundational growth in mindset and well-being. She is noted for being “relatable”, “creative”, and “entertaining.”

Contact at:

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Featured speaker experience includes:



www.karenfullerton.com



I LOVE TO WORK WITH...

Karen loves helping women who feel exhausted from pushing toward success—personally or professionally—and are ready for a different way forward. From corporate leaders to everyday mothers, she guides women through a powerful paradigm shift: learning how to stop striving against life and begin flourishing within it.

WHAT YOU CAN EXPECT


As a former CEO and marketing executive, you will always receive prompt and professional responses from inquiry through after event follow-up. When booked to speak at your conference or event, I am proactive in providing all materials to help make your event a success! I strive to earn your trust to ensure your energy can be focused on other event needs.




GET IN TOUCH

Reach out via email or the button below to schedule a time to meet by Zoom. I look forward to connecting with you!

[SCHEDULE 15 MIN.](#)

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Karen