



General Bio



Karen Fullerton is an emotional wellness speaker, author, and creator of the Emotional Bridge™ framework, helping women move from force to flourish through emotional recognition, reconnection, and reset.

With a background as a former Chief Marketing Officer, nonprofit founder, and longtime student of energy and emotional healing, Karen is known for translating complex concepts around emotions, mindset, and well-being into relatable, practical tools women can use in everyday life.

Her work focuses on helping women understand the deeper role emotions play in burnout, overthinking, disconnection, and personal transformation. Through her Emotional Bridge™ process and Emotional Gatekeepers™ framework, she teaches women how to move beyond emotional survival patterns and reconnect with greater clarity, joy, and emotional alignment.

Karen is also the author of *Sergei's Eyes: Reflections of Soul Lessons*, a heartfelt teaching memoir inspired by the emotional wisdom and life lessons we often learn through animals. In addition, she is the creator of the *Clara the Spider* children's book series, which introduces themes of self-worth, belonging, and emotional resilience in a fun, creative, and relatable way for young readers.

Recognized as a Holistic Leader of the Year (2025), Karen is known for her warm, relatable speaking style that blends emotional insight, storytelling, and practical transformation.

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