



## Speaker Introduction

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Please welcome Karen Fullerton — emotional wellness speaker, author, and creator of the Emotional Bridge™ framework, helping women go from force to flourish.

With a background as a former CMO, 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 insights women can immediately apply in their lives.

Her work helps women move beyond overthinking and emotional burnout by understanding the deeper role emotions play in resilience, joy, and personal transformation.

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.

Today, Karen will share how building your Emotional Bridge™ can help reconnect you with greater clarity, emotional alignment, and excitement for life again.

Please welcome to the stage, Karen Fullerton!

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