



karen*laos*

Karen Laos, Communication Expert and Confidence Cultivator, is on a mission to transform how people communicate by giving them simple strategies to become clear, compelling and credible leaders.

Biography

Coached by her father, Karen first recognized the power of confident communication when she successfully negotiated her first flea market purchase at six years old. She now guides women to transform self-doubt into self-confidence resulting in more clients, job promotions, and negotiation wins.

With 25 years serving as C-Suite advisor and commanding coveted stages such as Google, Starbucks and NASA, Karen leads the frontline of best practices for creating results through confident communication. She guides corporations and individuals with her signature framework, The Confidence Cocktail™, and is known for her actionable tips and ability to build trust quickly. During her corporate career, she led a team of facilitators while traveling the globe consulting industry leaders on the seemingly soft skills that impact the bottom line.

Karen is the author of *Trust Your Own Voice: Growing Your Influence Through Confident Communication*, as well as the host of her podcast ranked in the top 3% globally, *Ignite Your Confidence*, equipping women to stop holding back and start taking their seat at the table. Following her lifelong dream to live in Manhattan, she rented an apartment there for the month of her 50th birthday.

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Karen is a leading expert in:

- Communication: Clear and compelling ways to influence and get buy-in.
- Leadership: Presence that builds trust and credibility quickly, positively influencing culture and the bottom line.
- Confidence: Unshakable self-assuredness by trusting and using your voice.



Keynotes and Workshops:

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- The Confidence Cocktail™: 3C's to Command Any Room
- The Art of Asking: Negotiation Secrets That Skyrocket Your Success
- Powerful Presence: Becoming a Confident Communicator
- 7 Ways Women Give Away their Power (& how to take it back!)
- Breakthrough Conversations: Turning Tension into Transformation

Karen is the host of the Ignite Your Confidence Podcast

...for women in leadership who want to speak up and stand out. With over 39,000 downloads, she brings actionable tips and proven methods to help you step into your confidence.



Karen is the Best Selling Author of "Trust Your Own Voice: Growing Your Influence Through Confident Communication"

A guidebook for women in business to communicate with confidence and be seen as influential leaders.

For women who have held back from their sharing ideas, Karen shows you that you're not alone. In fact, she's been there, too. The best news of all? Karen teaches her reader how to speak up and stop missing opportunities with sentence prompts and specific tools that can be put into practice right away.



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NUMBERS TO KNOW

- More than 25 years in corporate leadership
- Over 39,000 podcast downloads
- Nearly four million women reached through her social initiative campaign, 10in10



KAREN IS AVAILABLE FOR:

- Keynotes & Workshops
- Expert Quotes
- Written Articles
- Interviews
- 1:1 Coaching
- Group Coaching
- Offsite Facilitation
- Communication Consulting



CONNECT WITH KAREN



What others say



"The two days you spent in Boston were outstanding. The information and knowledge will be put into practice immediately. As a point of fact – you are best in class; your energy and smile are contagious, and the fact that you modeled everything you were discussing really makes the case and point."

— Kerri Bailey, Manager, Media Sales, Yahoo!

"You made a lasting impression on this cohort. It was our highest rated session in two years! We have not stopped receiving positive feedback! Thank you for speaking at our women's leadership event."

— Claire Mayerhofer, UnitedHealthcare

"Thank you so much for today's training! I found it to be incredibly helpful and I know that our team did, as well. I've heard people today reflecting on some of your pointers in their interactions with each other and that says it all."

— Bonnie Pomush, CEO, Working Wardrobes