



Karen Kelloway, BPR, PCC
Author – Business Coach – Speaker

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As an executive coach, I am passionate about helping others create a career they truly enjoy. My strength as a coach is instilling a sense of logic into big picture goals that help individuals focus and move forward to achieve meaningful results.

I enjoy working with aspiring professionals and their teams who are committed to self development and organizational improvement. I've coached mid to senior level managers and deputy ministers in the public sector, as well as team leaders, directors, and executives in the private sector. Coaching helps individuals step back and create a plan that focuses their talents and energy so that they stay engaged, on track, and achieving meaningful results.

In my coaching I draw on my diverse business and public relations experience. Prior to becoming an executive coach, I enjoyed a career in public relations. As the director of communications in the Government of Newfoundland & Labrador — and later with the Government of Nova Scotia — I supported deputies, ministers, and senior management in strategic communications planning to support public sector initiatives. As a consultant in the private sector, I worked closely with CEOs and their teams in the successful communications of mergers, labour issues, crisis communications, and major organizational change.

I am the author of Nail It![®] Six Steps to Transform Your Career, which is now a trademarked career management program. And my advice and insight is regularly featured in publications such as the Globe and Mail, Atlantic Business Magazine, and Progress magazine. I am the winner of the Progress Women of Excellence award for Communications, a board member for Breakfast for Learning, Nova Scotia chapter and a member of my children's School Advisory Committee.

Education and Professional Certifications:

Certified Executive Coach, Royal Roads University, British Columbia

Accredited member of the International Coach Federation

Level 2 Legacy Leadership[®] facilitator, Coachworks International

MBTI[®] certified Level II practitioner, Psychometrics Canada Ltd.

Bachelor of Public Relations, Mount Saint Vincent University, Nova Scotia

Areas of Focus:

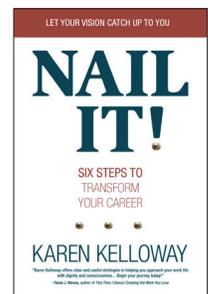
Executive Coaching; Onboarding Coaching

Team Effectiveness; communications; giving effective feedback

Program Lead, NAIL IT![®] Career Management Workshops & Seminars

Assessment Debrief and integrating feedback into learning plans

Guest Speaker on topics such as employee engagement and career advancement



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