



Karen Muggleton

HR Consultant and NeuroLeadership Coach

Karen Muggleton is an experienced HR Consultant and Brain Based Neuroleadership and ICF credentialed coach. She specialises in educating people about the merits of leading a values directed life, and aligning them with what's important to them. She finds this approach naturally re-energises people, enabling clearer goal identification, and a path that leads to stronger fulfillment and achievement.

Through her HR business, People Alignment, Karen has helped many businesses lift staff engagement via tailored people and culture initiatives that are co-created with the organisation. This is typically done after an organization review which informs the next steps.

Karen's strengths as a Coach include kindness, perseverance, and support for the coachee. She finds this approach shifts the coachee from problem rumination to committed action for results. Some of Karen's clients, past and present, include Construction Skills Qld, Just Country Australia, PPC, Donington Qld, Queensland Rail, Hatch Engineering, Virgin Australia, RSL Care, Queensland Health.

Prior to commencing her HR and Coaching business Karen worked in banking and finance across board and executive administration, financial markets and financial planning. A desire to help people live fulfilled lives triggered her own career transition out of banking and finance, and into HR consulting and coaching.

Karen strives to live a balanced life, and does her best to blend health and wellbeing, lifelong learning, and commitment to worthwhile causes. She is married with two fantastic children who are now navigating their own careers.

Based in Brisbane, QLD.

'The Leadership coaching that I have received through Karen has been of tremendous benefit to both myself personally and for the organisation. It has taught me to think outside my normal way of processing and to look at the bigger picture. This has given me the skills to approach situations in a more effective manner by managing my own personal well-being both mentally and physically. I feel more focussed on my tasks and more goal driven than I have ever been before. I have also noticed a significant improvement in fellow managers who have also received this training, with them being not only more effective in their daily tasks, but in their management style with their respective teams. The department teams in the organisation are interacting more effectively and the managers have come together more as a team rather than individual managers. I couldn't recommend it highly enough.'

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Qualifications

Diploma of Financial Markets (2003)
Cert IV Training and Assessment (2004)
Master of Human Resource Mgt (2009)
Accredited Everything DISC (2012)
Certified CPI Career Transition Coach (2012)
Clean Language Symbolic Modelling (2012)
ACT Coaching - Introduction (2015)
Certified NeuroLeadership Coach (2015)
Certified Six Seconds EQ Assessor (2017)

Areas of Interest

Health, Wellbeing and Balance
Leadership Development
Organisational Culture
Sustainability
Human Rights

At the core

Karen is driven by supporting people to understand they are of value, and with a little help, they will achieve.

Why Coaching?

I have a strong drive to support others, and coaching enables me to do that. It's also a great experience to be a part of a person's journey to fulfillment, and coaching provides a strong foundation and path to fulfillment.

LinkedIn

<http://www.linkedin.com/in/karenmuggleton>

Website

www.ubalancer.com.au