



Karen Muggleton
Neuro/EQ Coach
Change Adaption & HR Consultant

Karen Muggleton is an experienced HR Consultant, Neuroleadership and ICF credentialed coach. She specialises in helping businesses adapt to change. That involves assistance to think differently in order to innovate, restructure, grow, downsize, and everything in between. She also coaches people around leading a values directed life to help them re-energise and enjoy greater contentment.

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. Expertise across the entire employee life cycle of seeking, starting, managing and developing staff.

Karen's strengths as a Coach include kindness, perseverance, and support for the coachee to achieve more. 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 strives to blend health and wellbeing, lifelong learning, and commitment to worthwhile causes. She is married with two 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 skilled 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 better 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

Master of Human Resource Management
NeuroLeadership & Results Coach
EQ Advanced Practitioner
EQ Assessor
EQ Network Leader
Everything DISC certified
Career Transition Coach
Clean Language Symbolic Modelling
ACT Coaching - Introduction
Diploma of Financial Markets
Cert IV Training and Assessment

Previous Clients

Hatch Engineering
RSL Care
Powerlink
Ray White
Construction Skills Queensland
Just Country Australia

Areas of Interest

Leadership Development
Wellbeing
Organisational Culture
Innovation
Human Rights

At the core

Karen helps people be more empowered, productive and purposeful.

Why Coaching?

The coaching skills and frameworks I use build people up to realise their full potential, and be fulfilled in what they do.

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