



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, developing, and leading well.

Karen's strengths as a Coach include kindness, perseverance, and support for the coachee to leverage their inner wisdom. She finds this approach shifts the coachee from problem rumination to committed action for results.

Prior to commencing her HR and Coaching business Karen worked in banking and finance across board and executive administration, financial markets and financial planning. She successfully coached and mentored staff across 3 diverse regions and 50+ branches in economic fundamentals and how to achieve stretch targets.

Karen strives for a balanced life, blending health and wellbeing, lifelong learning, and commitment to worthwhile causes. She is married with two children.

Karen inspired me and gave me the tools to feel like I could conquer difficult situations. She was a perfect coach for me, kind and validated my concerns. I found solutions on how to move forward positively whilst staying true to myself. She was a delight. It was life changing.

Kate – Team Manager

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 coaching, 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.

Anita – Brand Manager

Qualifications & Certifications

Master of Human Resource Management
Brain Based & Results Coach
EQ Advanced Practitioner
EQ Assessor
EQ Team Vital Signs
EQ Brain Talents
Everything DISC
Career Transition Coach
Clean Language Symbolic Modelling
ACT Coaching - Introduction
Diploma of Financial Markets
Cert IV Training and Assessment
Dare to Lead trained
Difference Maker Accelerator

Current & Previous Clients

Construction Skills Queensland
Just Country Australia
Leukaemia Foundation
Queensland Health, RSL Care
Powerlink, Hembrows Electrical
Ray White, Westpac
Dept. of Environment and Science

Areas of Interest

Wellbeing
Positive Impact
Innovation
Human Rights

At the core

Karen helps people be more empowered, productive and purposeful.

Why Coaching?

Coaching helps people realise their inner wisdom, and be fulfilled in what they do, and who they are.

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