



Karen Muggleton

Results / Emotional Intelligence Coach.
Change Adaption.

Karen Muggleton is a highly experienced Brain Based/Results/HR and ICF credentialed coach. She specialises in helping people and businesses re-empower after set-backs, and to strive for what and how they want to be. That involves assistance to unpack thinking, make decisions, organize and build on their knowledge, and to take critical action.

She finds that sharing fundamentals of how the brain works, how to have better conversations and relationships with others, and how to look after themselves better triggers insights in coachees and shifts them from problem rumination to problem solving, and progress to where they want to be. Consistent feedback is that coaching with Karen is 'life changing'.

By way of background, Karen started her career in banking, and spent 13 years in Financial Markets and Financial Planning roles. She is most proud of achieving her own stretch targets, and supporting staff across 53 branches to achieve their stretch targets. She achieved this with down to earth genuine care for coworkers, helping them to understand economic fundamentals and product training. Ten years ago a call to help people cope better with change and life's ups and downs took Karen on a reskilling journey and the start of her own successful HR and Coaching business. As a lifelong learner, she has studied locally and internationally, and is currently enjoying practical business study in the areas of 'decision making and efficiency'.

Karen is the recipient of a Carer's Award from Diabetes Australia and provides pro-bono coaching to worthwhile causes. She strives for a balanced life, blending health and wellbeing, business skills development, fitness and good times with friends and family. She is married with two children who are now navigating their careers.

Karen is based in Brisbane, Australia.

Testimonials

"I couldn't recommend Karen Muggleton more highly. Karen has made such a big difference to my management style (and my life). I have always thought of myself as not a people person but with some guidance, some changes in approach and mindful responses, my teams and I are more engaged, I am getting positive feedback and we are kicking goals for our business. Its been a very positive experience"

– Melinda, Technical & Specialised Services Manager

"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

Qualifications

- Master of Human Resource Management
- Diploma of Financial Markets
- Cert IV Training and Assessment,
- Brain Based/Results Coach, ICF Associate,
- Emotional Intelligence Advanced Practitioner, EQ Assessor
- EQ Team Vital Signs, EQ Brain Talents,
- Leading Through Change,
- Everything DISC Behaviour Profiling, Career Transition Coach
- Clean Language Symbolic Modelling
- ACT Coaching - Introduction
- Dare to Lead trained
- Difference Maker Accelerator
- Inspire to Buy, Success Automation

Clients

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

Areas of Interest / Expertise

Wellbeing
Positive Impact
Better Decision Making

Why Coaching?

It is a privilege and thrill to show people how they can optimise their contribution and satisfaction with their work and personal lives.

LinkedIn

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