



KAREN SOLOMON

Coach/Author of *Sexy, Sassy & Starting Over*; *Recipes for a Sweet & Savory Life After Divorce*

Karen Solomon is the author of *Sexy, Sassy & Starting Over*; *Recipes for a Sweet & Savory Life After Divorce*. As a speaker and coach she delivers keys to confidence from the bedroom to the boardroom. She's bold and wild and inspires women to be their truest selves. Karen immediately captures her audiences with her warm and humor-filled presentations. She integrates a solid foundation as an educator with more than two decades of style and relationship coaching. Karen's passion, insight and genuine desire to serve, combined with her ease of connecting leave audience members laughing and loving themselves.

Karen's academic and experiential background combined with years of personal development, her long term successful marriage and amicable divorce have prepared her to assist others in navigating life transitions. A grateful breast cancer survivor, she advocates for women going through similar journeys. Her signature seminar *Men, Sex & Money®* along with her coaching practice combine to offer real solutions to creating an irresistible next chapter filled with clarity and pleasure. Her presentations result in practical tools to upgrade life and relationships.

KAREN'S MOST POPULAR MEDIA TOPICS

- ✓ **Sexy, Sassy & Starting Over ~ Recipes for Your Sweet & Savory Life After Divorce** - Based on her book of the same title, Karen offers stories, tips and tangible tools to help listeners design an irresistible next chapter after divorce.

Value add for the audience - Since one third of marriages end in divorce, and even in the best of circumstances divorces are tough, we need help navigating a course of action when life as we've known it has changed. Having this course of action template for starting over is invaluable.

- ✓ **Men, Sex & Money® - Design Your Life Your Way** - In school we learned everything academic, yet little time or attention was devoted to teaching us the communication skills necessary for healthy relationships. Drawing from her signature workshop, Karen will address the most important subjects for making our relationships work: Men (and women), Sex & Money!

Value add for the audience - Knowing the key distinctions between men and women helps with setting expectations accurately leading to more harmony from the bedroom to the boardroom. Specific communication tools such as A.R.T.Full Communication that works every time will be taught in this presentation.

- ✓ **Clothing, Confidence & Charisma ~ Keys to Your Success Appeal** - Since it's true that one doesn't get a second chance to make a good first impression, best to get it right!. One's clothing, posture, body language, hairstyle and smile are all means of communication. Drawing on three decades as an image consultant, Karen knows how it works.

Value add for the audience - Ten tips to look their best; Sure-fire ways to cultivate personal confidence; A sweet and spicy checklist for developing charisma.

PRAISE

"My interview with Karen Solomon was a delight; we laughed a lot. Her vast knowledge about relationship and sexuality combined with her bold, compassionate insightfulness, left my audience wanting more."—**Bryan Garrity, Host of Big Daddy Radio**

"After my divorce, Karen helped me put myself and my needs first. I'm now making healthy, irresistible relationship choices thanks to Karen's down-to-earth, non-judgmental yet powerful guidance."—**Ann Butterfield, RN, BCN**

CONTACT

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