



“I am endlessly curious about what it is to be human, living and working in the 21st century, and come at life as an inquiry.

Why is it said that even in the most highly respected organizations and at the most senior levels, we find people who are afraid to be fully seen, who waste vital energy and forget what they are capable of, who take on the burden of the world, who look good....and feel alone?

It doesn't have to be this way...

I hope I always provide a truly safe space in which we can face the real and raw experience of life, dig deep, explore, discover and grow together

Karen Stefanyszyn

Background and Experience

Having worked in Leadership and Organisational Development roles in the corporate world for 30+ years, Karen has led a range of transformational change programmes and now majors on coaching senior leaders and emerging talent, usually in the context of major changes in culture and performance. She was formerly Global Head of Leadership Development at Aviva, (a FTSE top 25 company), responsible for the coaching and development of leaders at all levels of the organisation. Prior to that she held senior leadership roles in Organisation Development, Talent, and ‘Leadership and Culture’. She has extensive experience of leading post merger and acquisition cultural transformation programmes, and developing resourceful internal change agents.

Facilitation Approach

Karen specialises in individual and group approaches that are designed to keep up with the complexities of the world and the intensity of change experienced today, where a deeper level of awareness beyond ‘knowing’ is needed. Her work is aimed at achieving long term, sustained excellence, inviting people to be able to respond to the world, to deal with situations we can't even anticipate yet. People often turn to this type of facilitation and/or coaching when they are at the edge of their known world, their developmental edge. Her work is practical and profound, accessible and stretching, and very participative. Clients often describe an experience of deep care that doesn't shy away from difficulty, that sustains, that awakens possibility.



Qualifications

Karen is a certified integral coach, with an MSc in HR, where she specialised in strengths based approaches to performance. She is a Fellow of the CIPD, a member of the International Coaching Federation (ICF), certified in Transformational Narrative Coaching and a member of the Association of Business Psychologists. She is a qualified user of psychometric assessments.



ST GEORGE'S HOUSE