



# Karen Valencic



• Best-Selling Author • Speaker • Leadership & Team Coach •

## What others are saying

*"Frankly the best advice I've received for stressful negotiations. Spiral Impact brings structure and clarity to problem solving."*

-Donnie Reed,  
Riley Hospital for Children

*"Karen's Keynote roused a room full of people in just the right way after a very full week. We so appreciated her light yet upbeat style and the hands-on ways she illustrated her points. The principles, concise process and examples were easily applied to our work,"*

-Roger Frick,  
United Way Great Rivers Conference  
Committee Chair

*"Karen takes a difficult subject, one that many would like to avoid, and keeps her audience riveted. Whether as a speaker or a consultant, Karen has built her business on repeat business. You can feel confident selecting her."*

-Nancy Ahrlichs,  
Chief Talent Officer, UWCi



## Momentum in Times of Disruption

### From a Black Belt Perspective

Action Packed - Engaging - Practical  
Virtual and In-Person Sessions

Karen Valencic loves watching the resistance melt away when her audience 'gets' the difference between true power and force. She vividly demonstrates this with concepts from martial arts and physics – making the learnings very obvious, life changing, and practical! Spiral Impact® is her method; action with ease is her game!

### Key Take Aways:

- Master conflict and change for cutting-edge innovations
- Bring out the best in team members; optimize engagement
- Develop dynamic stability in rapidly changing times
- Foster civility even when differences are great

### Most Requested Programs:

#### Mastering the Art of Conflict

Conflict is the spark that lights the fire of innovation. However, the flames and burning embers of conflict can also destroy trust and vitality that are essential to bringing out the best in people to create high performing teams and have successful relationships. Learn the five keys to innovative conflict for immediate application.

#### In Power Together

Organizations whose people and departments are aligned in their power together have unstoppable momentum. Yet, differences and disruptions can de-rail momentum and block engagement. In this interactive session, Karen demonstrates how to minimize the impact of those disruptions and keep your team on a roll!

#### Innovation at the Intersection of Conflict and Change

Innovation, conflict, and change are inseparable like three very close cousins. This is tricky since many people want innovation, avoid conflict, and resent change, which often triggers more conflict! Embracing this triumvirate opens the door to free up momentum and foresee ways to optimize outcomes.

#### Cultivating Civility or The Science of Influence

Can you push something toward you? No! Pushing is away. Why keep on pushing to make things happen or convince someone to take your position? Pushing points of view creates more resistance and 'dug in' positions. Instead, use physics and learn to harness the power of a spiral and watch the magic happen!

