

Karen Briggs Executive Coach



- Karen has 30 years' experience in a range of businesses from internet start-ups to investment banks, and worked for St. James's Place for 16 years.
- Since 2018, Karen has focused on career development, coaching, and mentoring to inspire people to reach their personal and professional goals, now specialising in executive coaching and menopause support.
- In practice, key client themes often arising are around direction of career and leadership development, role or promotion transition, and team dynamics and by enabling greater insight, learning and action-orientation around building self-awareness and self-management, resilience, and emotional intelligence, clients are able to improve relationships and generate better outcomes and performance.
- Karen is a Certified L7 Executive Coach, Mental Health First Aider, Emotional Intelligence practitioner, Member of the Institute of Leadership & Management and holds Senior Practitioner accreditation with the European Coaching & Mentoring Council which means she operates within its global code of ethics incorporating confidentiality, regulation of responsible practice and commitment to her own personal and professional development including regular feedback, CPD and supervision. Karen is also a certified executive menopause coach.



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