



KAREN WALROND

**MEDIA KIT
2023**

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MEET KAREN

KAREN WALROND IS THE AUTHOR OF RADIANT REBELLION (FALL 2023) AND THE LIGHTMAKER'S MANIFESTO (2021).

She is a public speaker, lawyer, leadership coach, and activist. Karen and her work have been featured on Brené Brown's *Unlocking Us* podcast, PBS, Huffington Post, CNN.com, and The Oprah Winfrey Show.

Karen holds a Bachelor of Science in civil engineering from Texas A&M University and a Juris Doctor from the University of Houston Law Center, remaining an active member of the State Bar of Texas. All of these skills, combined with her passion for empowering others toward self-determination and leadership helped her become one of 2016's 40 Over 40 Women to Watch, as well as one of YWCA-Houston's 2016 Outstanding Women of the Year.

Karen and her family reside in Houston, USA.



TESTIMONIALS

"Activism is such a big and often intimidating concept, and Karen breaks it down into small, intentional and integrated acts that create a joyful life."

~ Brené Brown, #1 New York Times Bestselling author

"With her passion, intelligence, flexibility, and intuition, Karen is able to craft innovative messages that inspire her audience to think less, act more, and make immediate impact on their organizations."

~ Megan Choate, Manager, Solutions, Child Health Corporation of America

"Karen has the rare ability to engage a large audience just as she would any intimate conversation. Her humor, intelligence, and remarkable experience are conveyed to a room of 1000 people just as if we were at the dinner table."

~ Bryan Mason, Chief Operating Officer, VSCO



KAREN IS A NATIONALLY- RECOGNIZED SPEAKER & WORKSHOP FACILITATOR.

From intimate gatherings and workshops to town halls attended by hundreds, Karen can tailor a message specific to your organization's needs.

Karen has spoken on topics that include self-empowerment, creativity, and Innovation. She has spoken extensively on leadership, ethics, diversity and Inclusion at universities, legal organizations, and many other organizations around the country. She is a Certified Dare to Lead™ Facilitator, trained in Brené BRown's work on vulnerability, courage, empathy, and worthiness. In addition, she has been trained in positive psychology coaching with the Wholebeing Institute, using the science of well-being and researched-based assessments and Interventions to bring about greater satisfaction, purpose, and fulfillment In life.

Karen has spoken to diverse audiences and her client list is wide-ranging, including Getty Images, the University of Houston, Dove, Fort Benning Maneuver Center of Excellence, and the Human Rights Campaign, among many others. She has appeared on both local and national television shows and other news media, contributing to organizations Including PBS, Huffington Post, CNN.com, Sheryl Sandberg's LeanIn.org, and both The Oprah Winfrey Show and Oprah.com.

An attorney and active member of the State Bar of Texas, Karen is the former Chief Counsel of Landmark Graphic Corporations, one of the largest software companies In the oil & gas Industry, as well as the former Chief of Staff of Halliburton Energy Services. She has extensive experience In strategy development, change management processes, corporate ethics management and education.

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RADIANT REBELLION

RECLAIM AGING,
PRACTICE JOY, AND
RAISE A LITTLE HELL

RADIANT REBELLION

RECLAIM AGING, PRACTICE
JOY, & RAISE A LITTLE HELL

What if aging is something to aspire to, not dread? What if together we could forge a radiant rebellion against the idea of aging as a season of decline?

Join Karen Walrond, author of *The Lightmaker's Manifesto*. In this intriguing investigation into how we can reclaim aging, cultivate joy, and resist ageism.

During her own year of transition -- a milestone birthday, a wedding anniversary, the emptying of the nest -- Walrond, in the buoyant and luminous style her readers have come to love, does a deep dive into dimensions of getting older, including health, beauty, spirituality, connection, adventure, and meaning and purpose. Through conversations with social workers and neurologists, activists and clergy, Walrond satisfies her curiosity -- and ours -- about why the dominant culture treats aging as a time of dwindling capacity.

With wisdom from luminaries who light our way, Walrond helps us radiantly rebel against the fads and assumptions that hold us back, redefine the adventure of getting older, and create a shining future of expanded potential.

THE LIGHTMAKER'S MANIFESTO

HOW TO WORK FOR CHANGE
WITHOUT LOSING YOUR JOY

Leadership coach, lawyer, photographer and activist Karen Walrond knows that when you care deeply about the world, light can seem hard to find. But when your activism grows out of your joy -- and vice versa -- you begin to see light everywhere.

In *The Lightmaker's Manifesto*, Walrond helps us name the skills, values, and actions that bring us joy; identify the causes that spark our empathy and concern; and then put it all together to change the world. Creative and practical exercises, including journaling, daily intention-setting, and mindful self-compassion are complemented by lively conversations with activists and thought leaders such as Brené Brown, Valerie Kaur, Tarana Burke and others. With stories from around the world, Walrond beckons readers toward lives of integrity, advocacy, conviction and joy.

By unearthing our passions and gifts, we learn how to joyfully advocate for justice, peace and liberation. We learn how to become makers of light.

THE LIGHTMAKER'S MANIFESTO

HOW TO WORK FOR CHANGE
WITHOUT LOSING
YOUR JOY

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CONTACT

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