



Karen Posey

CEO & Managing Partner | CEO Growth Expert | Keynote Speaker

Karen is a CEO Whisperer meets Growth Architect — a powerhouse who traded 70-hour corporate weeks for boardrooms and breakthroughs. With decades of experience guiding Fortune 500s and mid-market CEOs, she cuts through complexity with the precision of a strategist and the intuition of a trusted advisor. Karen doesn't just help leaders grow — **she helps them align, accelerate, and sleep at night.**

As the CEO and Managing Partner of KP Strategies, Karen collaborates with executives to eliminate the obstacles that hinder innovation, execution, and sustainable growth. Her clients describe her as someone who **brings clarity to chaos, articulates difficult truths in the kindest way, and consistently delivers results.**

Karen is the kind of leader who can scale a 14er and scale a company — **passionate about wellness, obsessed with operational excellence, and grounded in purpose.** She brings a sharp eye for talent, a keen ear for the unspoken, and a no-BS approach to leadership that CEOs find refreshing, energizing, and essential.

She is a Vistage Certified Speaker, a keynote favorite at conferences, and a frequent advisor to boards and executive teams. Karen also brings deep cross-industry expertise from Healthcare, MedTech, Technology, IT services, Government contracting, and beyond.

Wine is her vice, yoga is her anchor, and learning is her lifelong fuel.

Through **keynotes, workshops, and leadership retreats**—including **spouse retreats**—Karen delivers tailored, actionable strategies aligned to each client's goals.

She puts the audience at the center, ensuring they leave **inspired, challenged, validated, energized, and confident**, equipped with the clarity and tools to take bold next steps.

With powerful storytelling and actionable insights, Karen creates impactful experiences that **motivate leaders to embrace change, drive results, and elevate their leadership.**

SIGNATURE SPEAKING TOPICS

- *From Chaos to Clarity: How to Lead Through Complexity*
- *First Team, Best Team: Elevating Executive Team Performance*
- *Strategic Alignment: The Hidden Key to Sustainable Growth*
- *Why Execution Fails (and What to Do About It)*
- *Crisis-Proof Culture: Building Organizations That Can Withstand Anything*
- *Wellness as a Growth Strategy: What High-Performing Leaders Know That Others Don't*
- *CEO Loneliness Is Real: How to Lead Without Burning Out*
- *The Six Things Only a CEO Can Do*
- *The Female CEO Advantage: Leading with Grit, Grace, and Growth*
- *Succession is Strategy: Boards, CEOs, and the Future You're Not Planning For*

ADVISORY SERVICES & SPEAKING OFFERINGS

- Certified Facilitator & Experienced Panel Moderator
- Executive Leadership Retreats
- Dynamic Keynote Speaker
- Facilitator of Engaging 90 Minute, 3 Hour & All-Day Workshops
- Strategic & Operational Planning
- Operational Assessments with Actionable Recommendations