

Karen Shier

**Midlife Transformation Guide
Law of Attraction Life Coach
Certified Desire Factor Coach
Master Energy Healer
Bestselling Author**



www.KarenShierCoaching.com

About Karen

KAREN SHIER is a Midlife Transformation Guide, Desire Factor & Law of Attraction Life Coach, Energy Master, and Bestselling Author that guides women in releasing what no longer lights them up so they can joyfully thrive in their second half of life. As a speaker and media guest, she shares strategies to support women in moving from feeling stuck, stressed, and unhappy to feeling free, empowered and ready to cocreate a marvelous life. Karen is a frequent contributor to *Aspire Magazine*, and has been invited to speak on the Law of Attraction at various libraries and associations as well as virtual platforms.



Speaking Topics

How to Soothe Your Inner Critic
So You Can Hear Your Inner Wisdom

The Power of Energy Work for
Self-Care and Wellness

3 Steps to Get Off Autopilot &
Consciously Create Your Life

The Law of Attraction: Consciously
Create a Life You Love

3 Benefits to Embracing Your
Authentic Self

Make the Second Half of Your Life
the Best Half of your Life



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