

Karen Pacent

MYT Coach & Presenter

Karen is an executive coach, mindfulness instructor and business leader based in Riverside, Connecticut. She has over 35 years' experience in strategic leadership development in both the private and not-for-profit sectors.

As Director of Learning in the United States for Unilever and Director of Learning & Leadership Development for the United States Tennis Association (USTA), Karen led global projects, integrated company-wide leadership competency models and designed and facilitated more than 25 leadership skills programs, including Strategic Thinking and Conflict Management.

After the tragic loss of her daughter in 2015, Karen began her own business committed to helping others find healthy ways to manage in the face of personal and professional difficulty. Karen's multi-faceted background and training makes her a grounded, compassionate coach with a deep commitment to helping others.

She holds a Results Coaching certification from the NeuroLeadership Institute, a meditation instructor certification from the Chopra Center, is a trained teacher in Mindful

Self-Compassion from the Center for Mindful Self-Compassion and actively integrates an extensive knowledge of Emotional Intelligence into her private retreats, corporate training programs and executive coaching practice.