



# Karen Schmidt

Conferences | Professional development days | Retreats  
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## Career Wake Up Call

How to stop sleep walking through your career

Research by the Gallup Organisation has found that across all countries only 13% of people are awake at work (Gallup call it being engaged), 17% are actively disengaged or in a coma, contributing nothing, being kept alive by the system and the remaining 70% are not engaged. They're like zombies, mindlessly sleep walking through their careers.

My keynote is designed to be a wake up call to help people wake up and take control of their career. It fits with a range of themes including:

**Success | Authenticity | Mental Health | Wellness | Engagement**

It's an honest and revealing presentation that shares my story of going from success to failure and back again. Along the way I show the audience a process they can use to wake up so they can turn their dream career into reality. They will discover:

- Why most of us are successfully miserable
- How to challenge your definition of career success
- The real reason career change usually fails
- 5 step pivot process to make your dream career a reality (Core, Alignment, Direction, Leverage, Momentum)

## Future Proof Your Career

How to design a career that lasts

The workplace today is volatile, uncertain, complex and ambiguous. We are facing threats on many fronts including AI, outsourcing and the gig economy. Careers for life are a thing of the past. It's easy to see why so many people are concerned about the future of their career. It doesn't have to be that way if you can figure out how to future proof your career.

This topic is designed for people who want to stay ahead of curve in their career. It fits with a range of themes including:

**Change | Disruption | Future of work | Sustainability**

Your audience will learn how they can position themselves for career success into the future. They will discover:

- How to read the warning signs that your career isn't future proof
- The 5 career scenarios you want to avoid
- The hidden motivation behind the interest in future proofing
- Why following career trends is a mistake
- A simple yet effective process for creating a future proof career



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## Accelerate Your Career

### 5 ways to get your career into top gear

The workplace today is highly competitive with more people going after fewer opportunities. Qualifications and hard work help but they aren't enough. What you need is something to set you apart from the rest, a way to accelerate your career without causing you to burn out.

This topic is suitable for people who want to find a way to stand out from the crowd and get their career moving ahead. It fits with a range of themes including:

**Attitude | Success | Mindset | Future of work | Disruption**

Your audience will learn how to get ahead in their career by discovering:

- Why qualifications plus hard work no longer equal guaranteed career success
- How knowing where your unhelpful attitudes come from will help you to succeed
- 5 attitudes you need if you want a successful career today and into the future (Mastering change, Thinking self employed, Managing your own career, Promoting yourself, Lifelong learning)
- 3 simple steps to accelerate your career and get it into high gear starting now

## Career Refresh

### How to get your career back on track

We all spend so much time on our careers that it's easy to become stale. Some people mistake this for needing to change careers and later find out that doesn't solve their problem. What if instead you could find a way to make the most of the career you've got by simply hitting refresh?

This topic is designed for people who love their career ... just not all the time. It fits with a range of themes including:

**Goals | Mindset | Resilience | Passion | Worklife balance**

Your audience will learn simple yet effective strategies and tactics that will help them enjoy their work regardless of the circumstances around them. They will discover:

- Why we all need to refresh our careers on a regular basis
- How to recognise when you're starting to go stale at work
- One simple career boost you can do right now
- The 5 step F.R.E.S.H. formula for reviving your career (Forward Thinking, Resilient, Enthusiastic, Stretching, Holistic)

## About Karen Schmidt

Karen Schmidt CSP is passionate about helping people turn their dream career into reality.

It took her 14 years of working in 7 different industries before she discovered her strength, completed a degree in Adult Education and started her own speaking and coaching business.

Over the next 20 years Karen worked with organisations across 8 countries in the Asia Pacific region to develop their people. She also helped many individuals get promoted, change careers or start businesses.



She wrote 5 books, won awards, travelled business class, stayed in luxury hotels, was the VIP at events signing autographs and posing for photos.

Sounds impressive. Well it was until it all disappeared. She went from wondering how she could live without valet parking to wondering how she was going to pay for petrol. She found out the hard way what happens when you start sleep walking through your career.

Her goal now is to show others how to wake up and turn their dream career into reality.

Karen is a Certified Speaking Professional, an internationally recognised accreditation held by less than 10% of members of the Global Speakers Federation.

## What clients say

“Karen was colourful, professional and polished. Even though she is a very well recognised and awarded speaker, she is still very much ‘real’ and, from an event organisers perspective, so wonderfully easy to work with.” **Lynne Wilbraham, Manager Economic Development, Gympie Regional Council**

“Karen’s thought provoking approach generated very positive insight, learning and great feedback from our clients. I would highly recommend Karen as your next presenter.” **Paul Jagger, CEO, The Business Centre Pilbara, WA**

“Karen is very passionate about what she does. Her session is considered to be one of the popular during this year’s Asia HRD Congress.” **Grace Rudd, Conference Organiser, SMR HR Group, Kuala Lumpur, Malaysia**

## Book Karen for your next event

Phone: +61 411 745 430

Email: [karen@karenschmidt.com.au](mailto:karen@karenschmidt.com.au)

Travels from Brisbane, Australia

