



# Karen Schmidt

Conferences | Professional development days | Retreats  
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## Career Pivot

### How to wake up and turn your dream career into reality

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

This topic is designed to help people wake up and turn their dream career into reality. It fits with a range of themes including:

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

I share my story of going from success to failure and back again. Along the way I discuss a low risk process they can use to create their dream career. Delegates will discover:

- What happens when you start sleep walking in your career
- The difference between a career dream and a dream career
- 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 5 step process for creating a future proof career (Core, Alignment, Direction, Leverage, Momentum)



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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)



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## Think like a leader

### Mindset shifts that will make any career thrive

If you aspire to have a great career developing the right mindset is vital. Getting results in your career isn't about changing what you do so much as it is changing how you think. You need to think like the most effective leaders if you want to get ahead.

This topic is ideal for anyone who aspires to be successful and wants to find a way to achieve it with less stress. It fits with a range of themes including:

**Leadership | Mindset | Change | Career development**

Delegates will walk away understanding:

- Why your mindset matters to your performance whether or not you are a leader
- The 3 mindset shifts that will position you for success: purpose, focus and the right locus of control
- How to let go of old thinking and embrace a new mindset
- A simple way to start and finish your day with the right thinking
- How to turn on your leadership radar and get results

## Foundations of effective leadership

### Skills that grow successful leadership careers

If you're just starting out as a leader it can seem overwhelming. Some people describe it as being "in the weeds". It doesn't have to be that way. You can find a way to succeed by following the same principles used by gardeners. By learning some basic tools you'll quickly find you stress less, smile more and see results from your team.

This topics is designed for people leading staff for the first time. It fits with a range of themes including:

**Leadership | Career development | New leaders | Aspiring leaders**

Delegates will be introduced to Karen's "leader as gardener" metaphor and discover:

- Why you need a solid foundation of skills to be an effective leader
- A philosophy of leading that will help you better understand your role and your team
- 5 basic skills that will help you to become the best leader you can be
- 3 simple yet effective questions to ask yourself everyday to help you lead



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## Challenge accepted

Successfully navigated the challenges of leading

How they handle challenge is the real test of a leader's skills.

The best leaders know that hidden amongst any challenge is an opportunity and the key to success is knowing how to make the most of it. That means you need to be the one driving the situation, not sitting back in the passenger seat waiting to see what happens.

This topic is ideal for leaders who have some experience and are ready to tackle their challenges. It fits with a range of themes including:

**Challenge | Change | Crisis | Leadership | Teamwork | Risk**

Using the metaphor of driving a car, delegates will learn about:

- How successfully navigating challenge can change your outlook
- Why you need to be defensive when handling challenge
- 5 type of challenges you need to master
- A strategy for helping you face any challenge with confidence

## Dance of collaboration

Step beyond teamwork and move up as a leader

The best leaders know their success depends on their relationships. That's why they learn how to partner with people to create a positive outcomes for everyone. This isn't about being a team player, it goes beyond that. Successful collaboration means knowing the right moves to make and executing them in a way that doesn't step on anyone's toes. It's a dance that high performing leaders have mastered.

This topic is targeted at experienced leaders who are looking to advance to the next level. It fits with a range of themes including:

**Leadership | Change | Teamwork | Networking | Innovation | Career Development**

Karen's metaphor is that collaboration is like ballroom dancing. She uses this to help delegates learn:

- Why collaboration is the key to sustainable career success
- What style of collaboration is right for you
- How to choose the right collaboration partners
- The 5 steps that put rhythm in your relationships

# About Karen Schmidt

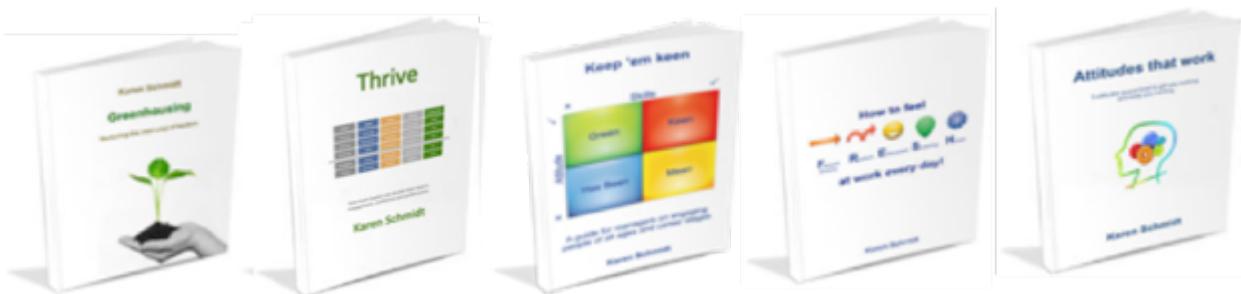
Karen Schmidt is passionate about helping people turn their dream career into reality.

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.



Karen is a Certified Speaking Professional, an internationally recognised accreditation held by less than 10% of members of the Global Speakers Federation. She is the author of 5 books on personal development, career planning and leadership.



In her spare time Karen is a competitive ballroom dancer and instructor.

“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

