

Karen McCarthy

Keynote Speaker on
Change & Resilience



Just you wait and see!

*Turning blind determination
into limitless resilience*

In losing her sight, Karen gained a vision – an actionable blueprint for building resilience through adaption and growth in the face of change – “centred, spacious, strong, smart and supported”. And, it can be applied to any person, in any organisation.

Giving a solid dose of inspiration to think differently, feel differently and act differently, Karen McCarthy will have your people and your organisation advancing despite adversity.

After practicing as a lawyer for 15 years, Karen suffered life-threatening complications due to surgery to remove a tumour from her brain. She was left physically incapacitated and legally blind. The doctors told her family she wouldn't survive or that, if she did, she would never again be able to care for herself, let alone her children.

She was determined to prove them all wrong and get back to a life aligned with her values. They would just have to wait and see her overcome the odds.

In her inspiring keynote, Karen parallels her personal road to resilience with a roadmap to help you and your staff survive change that is fast and fundamental, and to keep the momentum going once you have it.



“A message that is inspirational - a strategy and anchor for finding resilience and success in the face of inevitable change - as useful in my personal life as it has been in my professional life.”

– Catherine Beebe, Queensland Education



Key Takeaways:

**“Resource yourself for resiliency.
Re-source yourself for resiliency.”**

Change changes you, so you have to be willing to adapt and renew your focus on the values that keep you centred and provide focus for your efforts.

“Don't believe everything you think.”

Fear is a powerful motivator but it can also send you down rabbit holes of stress and anxiety that keep you stuck. Not buying into your mind's hype is essential if you're going to advance in spite of the adversity you are bound to encounter.

**“It doesn't take long to get strong.
You just have to be persistent.”**

Overwhelm and pessimism are thieves of forward motion but if you can just... keep... going, you will find that you reach your destination, stronger than before.

“Even small steps can take you on a big journey.”

If you expect to travel a mile in a single step, you will soon give up, discouraged and depressed. In a changing environment, practising patience and persistence is the key to making progress.

“Just because you can't do it the same doesn't mean you can't do it.”

When your world changes, you need to change too. See the possibilities that open up when you are prepared to adapt your thinking and learn new skills for a new reality.

“There's no point whinging at the wind or screaming at the storm. Save your energy for what promises a pay-off.”

Accept the things you can't change, then look for the opportunities that are opening amid the turmoil.

**“Rigidity ruins resiliency. Loosen your grip.
Tighten your connections.”**

After years of social distancing and bouts of iso, it's easy to understand people bunkering down alone in their cocoons of safety and predictability, but research shows again and again that people need people more than ever.

“Courage is contagious. Catch it. Spread it.”

It is possible to act steadily in the face of change and uncertainty and the courage to do so grows exponentially among a supportive group facing the same challenges. Everyone can take responsibility for cultivating a culture of resilience in your organisation.