

Karyn Garossino

CLIENTS INCLUDE:

- > Queen's University
- > Royal Bank of Canada
- > Nexen
- > Enbridge Gas
- > UMA Engineering
- > TD Bank Financial Group
- > RCMP

For Olympian Karyn Garossino, BA, MEd, the ability to tackle challenging situations and come out better for having done so is fundamental to excellence in any endeavour – whether you are a world-class athlete, a leading business executive or an entrepreneur.

WHERE KARYN HAS MASTERED HER SKILLS:

- > World Championships
- > Olympics
- > Coaching Elite Athletes
- > Coaching Business Executives
- > Parenting her two children

ships and culminated as a 1988 Olympian and Canadian champion in 1989. It was in this crucible that Karyn became intimate with the inner skills required to perform well under pressure. She used the concepts and skills taught in our *Inside Edge* program to achieve superior results in the highly competitive sports arena and attributes much of her success to the mastering of these techniques.

WHAT PARTICIPANTS ARE SAYING:

- "Her enthusiasm and focus was excellent."
- "Fantastic Presenter! Authentic and 'walks the talk!'"
- "Her personal experiences established credibility."
- "Excellent and entertaining."
- "Lots of passion and experience."

As a trainer with Performance Coaching, Karyn teaches the highly learnable skills of sport psychology combined with the interpersonal skills required to handle challenging conversations. Karyn is an articulate and effective communicator who conveys the course material with conviction, credibility and humour. Participants appreciate her animated approach to teaching and her responsiveness to group dynamics. As she draws on personal experiences and her training in educational psychology to bring the course concepts to life, Karyn's presentations are thought provoking and inspiring.

An exceptional workshop facilitator and trainer, Karyn has considerable experience in tackling challenging situations. Her resilience, poise and skill under pressure were built from the ground up. Karyn first learned these skills as an athlete then deepened her theoretical understanding of them through academic study in psychology and education.

Karyn excelled in the intense world of high performance sport as a competitive figure skater. Her career spanned ten years of international competition, including five world championships

and culminated as a national level coach, executive coach and now trainer, focuses on application – helping others deal with challenges that require skill and poise under pressure while still getting results. She has coached numerous elite athletes and business professionals in identifying and reaching their goals. This multidimensional background provides Karyn with a tremendous depth of experience from which to draw in the area of managing personal performance, particularly in the face of pressure.

