

Karen Carmody, MBA, PCC

President, Chrysalis Coaching & Consulting

Karen Carmody is the Founder and President of Chrysalis Coaching & Consulting. She has 20+ years of corporate experience including corporate coaching, organizational effectiveness, and management consulting. Her diverse industry experience includes financial services, bio/pharma, healthcare, insurance, professional services, and government. She is an experienced coach, consultant, facilitator, and trainer.

Karen previously held leadership positions at Blue Cross Blue Shield of Massachusetts, Tufts Health Plan, Sun Life Financial, and Circles. She was a management consultant at Keane Consulting Group where she led consulting engagements for clients across various industries and functions. Karen served on the Board of Directors of the International Coach Federation of New England (ICFNE) as the Vice President, Education and Professional Development and as a Greater Boston Chamber of Commerce Workforce Development Committee Member.



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Karen is able to effectively balance an approachable style with an accountability protocol that has ensured successful executive coaching engagements. The results are evident in the performance of those with whom she has worked.
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Specialty Areas

- Leadership Development
- Emotional Intelligence
- Change Management
- Team Effectiveness
- Career Management
- Executive Presence

Credentials

- Master of Business Administration (MBA), Northeastern University
- International Coach Federation Professional Certified Coach (PCC)
- Certified Professional Coach (CPC) - Institute of Professional Excellence in Coaching
- Certified Somatic Coach (SISC) - Strozzi Institute
- Certified Emotional Intelligence Coach (CEQ)
- Certified EQ Assessor (SEIc), EQ Trainer (EQATC), and EQ Practitioner (EQC)
- Master-Practitioner Energy Leadership Index (MP-ELI)
- Immunity-to-Change™ Facilitator for Individuals and Facilitator for Teams
- Bridges Managing Transitions & Change
- Six Sigma Yellow Belt

Assessments

- Energy Leadership Index (ELI)
- Emotional Intelligence (SEI)
- Executive Presence Assessment (ExPI)
- Korn Ferry Leadership Architect VOICES 360
- Vital Signs: Leadership (LVS), Team (TVS), Organizational (OVS)
- Team Diagnostic Survey
- Leadership Effectiveness Analysis (LEA)
- Thomas Kilmann Conflict Mode Instrument (TKI)
- DiSC Personality Profile

Visit chrysaliscoachingconsulting.com for more information