

Karen Aspros

SENIOR LEADERSHIP COACH & FACILITATOR



Profile

With over 20 years of corporate experience, Karen specialises in leadership development, coaching, and facilitation.

Karen is driven by a genuine passion for helping leaders and teams grow by designing and delivering learning experiences that are practical, engaging, and tailored to real-world challenges.

Karen has the ability to create a space where people feel energised, heard, and empowered to take action.

CERTIFICATIONS

Everything DiSC

Insights Discovery

Blanchard Situational Leadership

Professional Development
Certificate in Executive
Coaching - ICCP - Sydney
University

Expertise

- Designing and delivering high-impact leadership and capability programs
- Leading talent development
- Driving cultural transformation
- Facilitating change initiatives
- Coaching leaders to lead high performing teams
- Designing and delivering Team Development Programs
- Supporting business strategy development and execution

Qualifications

- Bachelor of Commerce (Management/Marketing)
- Diploma in Education
- Certificate IV Workplace Training and Assessment

Programs/Specialities

- Management Essentials
- Powerful Presentations
- Challenge Your Bias
- Inclusive Leadership
- LGBTQI+ Awareness in Workplace
- Dealing with Change
- Giving and Receiving Feedback

Business Experience

- Sanofi
- TAFE Queensland
- CSIRO
- Royal Australian Air Force

"Karen is an outstanding facilitator. Her approach is always positive, engaging and encouraging, even when the subject matter is complex or challenging. She has a remarkable ability to read the room, adapt her style, and bring out the best in everyone."

— Rob Lowe, POSImpact Pty Ltd

"Karen has an exceptional talent for creating learning experiences that are not only engaging and impactful but also shift mindsets and inspire lasting change."

Karen has a gift for bringing the best out in others, she listens deeply, challenges thoughtfully and fosters environments where people feel valued, included and empowered to grow."

— Michelle Fry, P&C Director