

Karen M. Beck



Leadership Coach

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Karen Beck is an executive and leadership coach who works with clients looking to strengthen their leadership skills. As a coach, Karen listens to people tell the story of who they are as a leader. She wants to hear about the journey of how they got into a leadership role. Do they get the results they want out of themselves and others around them? Where do they want to go with their leadership development? Karen's coaching focus is to truly hear what clients are saying. What do they value in their life and then to look at different options, without any judgment, and explore ways forward. From here, Karen brings the fresh air of a new perspective in looking at old problems. This knowledge is power and people move forward to find their confidence and direction for leading in today's world. When people come from a place from strength, it opens so many doors.

Prior to becoming a coach, Karen had a career with the federal government working for the Central Intelligence Agency. She pursued coach training after seeing the powerful results for leaders at CIA who worked with a coach and embraced the opportunity to explore change. The growth in these leaders was so profound that it ignited Karen's passion to become a coach and serve as an agent for change.

A graduate of George Mason University's Leadership Coaching for Organizational Performance program, Karen earned her Associate Certified Coach (ACC) accreditation from the International Coach Federation in 2013. She is certified in the use of several assessment tools such as the Emotional Quotient Inventory 2.0, the Center for Creative Leadership Benchmarks 360 Assessment Suite, the Leadership Effectiveness Inventory 360, and DiSC. Using these skills, Karen has coached a diverse range of clientele in the federal sector as well as local government, non-profits and the private sector. Within the federal government, Karen has coached members of the senior executive service with the Department of State, Central Intelligence Agency, the Department of the Army and the Transportation Security Administration as well as managers with the Food and Drug Administration and Department of Homeland Security.

A life-long learner, Karen is a frequent participant in continuing education programs sponsored by the International Coach Federation and is active in the local coaching community. She also volunteers with programs in Northern Virginia that allow her to use her coaching skills: Leadership Fairfax, Christians Are Networking – a weekly faith-based ministry supporting the unemployed and with the Fairfax County Adaptive Aquatics Program. She also serves as the coordinator for pro bono coaching provided to young professionals participating in the Leadership Arlington development programs.