

## **Karen M. Beck**



**Leadership Coach and Team Coach**  
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Karen Beck is an executive and leadership coach who listens to people tell the story of who they are as a leader. She partners with each client to achieve their goals and become more effective in their interactions with others. Karen's coaching focus is to truly hear what clients are saying and help them recognize what they value in life and then to look at different options, without any judgment, to explore ways forward. This knowledge is their power and people move forward to find their confidence and direction for leading in today's world. When people come from a place of strength, they can open so many doors.

After working with leaders in one-on-one coaching, Karen realized that working with a team could maximize the participation of all members of the team. To deepen her own learning, Karen joined a 10-month cohort program to learn the art and science behind team coaching. She now has the skills to work with team leaders to increase their effectiveness as they work with their team to maximize everyone's contribution.

Prior to becoming a coach, Karen had a career with 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 DiSC, the Emotional Quotient Inventory 2.0, and the Center for Creative Leadership Benchmarks 360 assessment suite. Using these skills, Karen has coached a diverse range of clientele in the federal sector, employees in local government, managers in the private sector as well as in non-profit organizations.

A life-long learner, Karen is a frequent participant in continuing education programs sponsored by the International Coach Federation. As a volunteer, Karen is a coordinator for pro bono coaching provided to young professionals participating in Arlington's Leadership Center for Excellence development program and in the pool with the Fairfax County Adaptive Aquatics Program for swimmers with spinal injuries.