

SPEAKER ONE SHEET

Personal Coach, Race Car Driver and Entrepreneur

KARENSALVAGGIO

Life Lessons from the Racetrack!



THE PROBLEM WE SOLVE FOR YOUR ORGANIZATION

How one handles challenges in business and in their personal life directly impacts how people react to them and is key in determining one's overall success. In business, the ability to overcome obstacles, to identify talent, build a competent team, and to continually move the organization forward in achieving goals is crucial. Our fast-paced world brings a myriad of distractors each day. It is key to remain focused and relentless. Keeping our eye on the ball, even in the face of disaster, often separates "winners" from other contenders.

The ability to identify clear objectives, to focus on goals, and to develop the skills needed to accomplish necessary tasks are keys to success. In our personal lives, surrounding ourselves with positive, forward-thinking and truly loving individuals, nurtures and feeds our spirits. I help my clients develop clarity in their life purpose, identify barriers they face as well as strengths and resources available to them. Further, I work with them to create a roadmap by which they achieve goals and live out their dream lives.

SPEAKER TOPICS

"It's My Life and I'm All In!"

"Roadmap To Your Dream Life"

"Yes! You Are A BadAss!"

"The Five Habits of Winners!"

"Against the Odds: Seizing Victory From Defeat"

BIO

Karen Salvaggio is a race car driver, motor car influencer and public speaker. She is a seven-time racing champion and has secured more than 200 first place victories in competition. She is an expert at helping people find, follow & live their dreams, and her 35 years on the racetrack have taught her to overcome extreme challenges. Today, she uses these lessons to coach her clients on how to live out their dream lives.

Karen is obsessed with health and wellness. She shows her clients and shares with audiences how to get on track with their health goals so each person can live their dream life. She believes that individuals can't live out their dreams unless they are solid in their health and fitness.

As a mom, a grandmother, a 25-year educator, an Air Force veteran and a writer, she believes you can accomplish anything you put your mind to. Her life journey is proof of this! Karen's most rewarding days are when she sees her clients realize their dreams and do it while living a healthy and fulfilling life.

What Clients Have to Say about Karen as a Personal Coach and Public Speaker

Molly M.

I met Karen 12 years ago, and whether you are looking for coaching on or off the track, Karen Salvaggio is highly recommended. She has many life experiences from which to draw, and her positive, energetic, and enthusiastic spirit are her calling card. My husband and I had brought a racecar to the track, and while it still needed lots of work, Karen hopped right in and started coaching me. I was completely new to driving on track and Karen provided the coaching support I needed to help me quickly move from a complete novice to proudly securing my race license. Karen is always there to ask a quick question, and to talk about life and guide me in my decisions. Karen has been there in my worst of times, and there to see me stand on the podium in the best of times. Most recently, I decided to join the Healthy, Happy Lifestyle, and I have never looked back! I Feel Great!

Karen has made a huge difference in my life, and I highly recommend her as a Coach on Track, or Life Coach for anyone wanting to find and follow their dreams!

Jody D.

Karen Salvaggio is a tireless mentor, champion and promoter of women in motorsports for over 20 years. Her role as a professional race car driver, owner and team owner of Shift Up Now has inspired women in all walks of life to do what you love with passion, creativity and joy. Her example of determination and persistence has impacted the motorsports industry as a whole, and women specifically to reach high and not give up! She is a legendary woman in motorsports.

As a recent keynote speaker at *the Women in Automotive Conference* she wowed the audience with her enthusiastic stage presence and excellent content with an outstanding inspirational presentation.

Jody DeVere, Co-Founder Women in Automotive & CEO AskPatty.com, Inc

Becky P.

Karen believed in me even when I doubted myself.....I've been a client of Karen's for close to a year now and I couldn't be more pleased with her personal coaching. As a ten-year cancer survivor, my body had endured surgical procedures and massive amounts of chemotherapy. I was physically tired and knew that I needed a change. Karen listened and helped me establish a nutritional program that not only provided my body with much needed nourishment but gave me hope and continuous encouragement which resulted in me stepping into a healthier and happier version of myself.

Karen's Firm Belief

"I believe that each of us has everything already inside of us to dream, build and live their dream life. Life presents challenges and opportunities for each of us, and it's how we move through and face those times in our life which determine our degree of success. For me, every person I meet is a "winner".