



www.karenrubinstein.com

Karen Rubinstein

MOTIVATIONAL SPEAKER &
WOMEN'S RECOVERY COACH

MEDIA KIT

Putting down the bottle isn't the end —
it's the beginning.



KAREN RUBINSTEIN

Transformational Speaker • Emotional Sobriety Advocate • Founder of *Women in the Rooms*

Putting down the bottle isn't the end - it's the beginning.

Helping high-functioning women drop the perfection mask, tell the truth, and finally live free.

AUDIENCES

- Women in or questioning recovery
- Mental health & wellness audiences
- High-functioning professionals
- Corporate wellness & burnout prevention
- Healthcare & treatment centers
- Colleges & community organizations
- Faith-based women's retreats

ABOUT KAREN

Karen Rubinstein is a transformational speaker and recovery advocate with lived experience of trauma, anxiety, PTSD, therapist abuse, and 15 years of alcoholism.

She reveals that the real issue isn't the bottle—it's the pain underneath.

Karen founded an online recovery community for women and created the RETURN Method, a 6-step framework that uncovers the beliefs and patterns that keep us stuck.

Her message resonates with high-functioning women battling overwhelm, fear, and the pressure to appear 'fine.'

She speaks to break silence, remove shame, and guide women back to emotional sobriety, purpose, and peace.

"Thank you for sharing your story. It was raw, inspiring and POWERFUL!"

Maryanne Teng Hogarth

SIGNATURE TOPICS

- **The Perfection Mask**
The Hidden Struggle of High-Functioning Women
- **Recover Loudly**
The Courage to Tell the Truth and Finally Live Free
- **After the Escape**
The Inner Work That Changes Everything

CONTACT KAREN

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