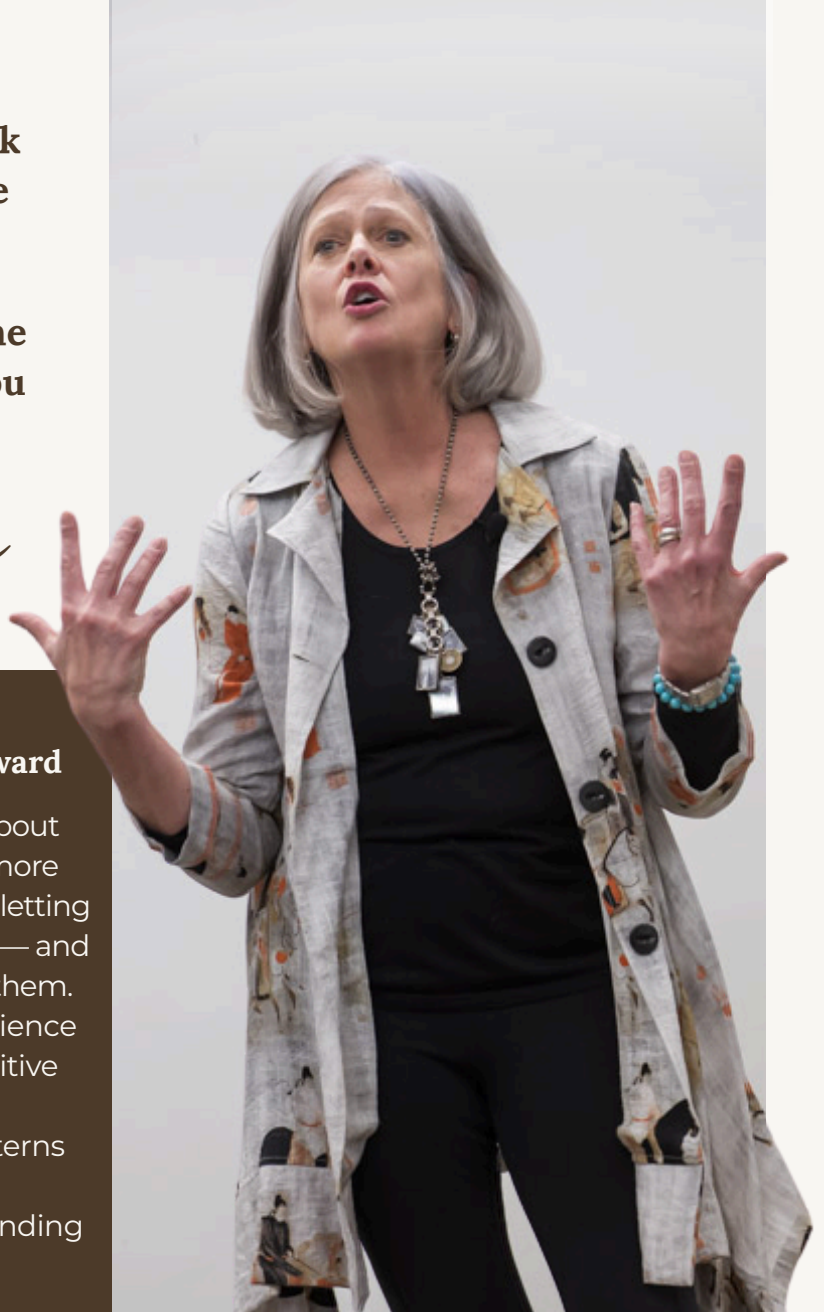


**"I've been to hell and back  
so many times I could've  
been a tour guide.**

**The RETURN Way™ is the  
map I brought back so you  
can skip the trip."**

*Karen Rubinstein*

*The Radical Resilience Expert*



KEYNOTE

**Radical Resilience: Bounce Forward**

It's not about bouncing back. It's about coming back harder, clearer, and more yourself than before. Audiences stop letting their hardest moments define them — and start letting those moments teach them.

- A new framework for what resilience actually means (and why "positive thinking" isn't it)
- Tools to get curious about patterns instead of stuck in them
- The shift from reacting to responding — in real time.

KEYNOTE + BREAKOUT

**The RETURN Way: Why Do I Act This Way?**

A live, guided experience through Karen's six-step method for getting underneath the reaction — to the story, the pattern, and the fear driving it. Audiences don't just hear about the work. They do it.

- A personal map of one behavioral pattern that's been running the show
- The six-step RETURN Way™ framework they can use immediately
- Language for what they've always felt but couldn't name

**KAREN RUBINSTEIN**

Speaker | Author | Creator of  
The RETURN Way™

Guiding audiences from  
reacting to their past to  
responding with Radical  
Resilience.

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## WHAT THEY SAY

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"When Karen tells her story, the whole room listens. She makes herself vulnerable without ever playing the victim — and without losing her sense of humor. It is a brilliant skill to look back at one's challenges openly and honestly, and use those experiences to help others." — *Melanie Wilson, Director of Marketing, Vivid Stage | B.I.G. Leader*

"She is a force to be reckoned with. She's funny. And if you want to be motivated and you're at the tip of wanting to give up, she's hope. She is the very idea of what is possible." — *Carolann Valentino, Recovery & Trauma-Informed Coach*

"Karen Rubinstein is a once in a lifetime speaker. She gives you permission to face the demons you've been running from — and the tools to move forward in a way I will take with me forever." — *Stephanie Pinsley, LLC | AICoach | Ex-Google*

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## KAREN DELIVERS

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- Audiences who finally understand why they react the way they do
- A room that feels seen — without shame, without victim energy
- A proprietary six-step framework they can use immediately
- Real stories, real tools, real transformation — with humor intact

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## CLIENTS AND AUDIENCE INCLUDE

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Seton Hall University · B.I.G. (Believe Inspire Grow) · Mental Health & Wellness Panels · Healthcare & Rehabilitation Centers · Women's Leadership Organizations · Recovery Communities



A speaker and workshop facilitator, Karen brings her work to corporations, universities, healthcare environments, and women's organizations — anywhere people are struggling to understand why they keep reacting the same way and can't seem to stop.

She is the author of *The RETURN Way*™ — now available on Amazon. The six-step practice for getting underneath the reaction — to the story, the pattern, and the fear driving it. [karenrubinstein.com/shop](http://karenrubinstein.com/shop)

### READY TO BRING KAREN TO YOUR EVENT?

Contact Karen directly to check availability and discuss your audience.

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