

Introduction

Karel has been a woman all her life. She's entertained and inspired hundreds of audiences nationally and internationally with her "nothing but the truth" translation of life experiences.

As the author of "Hitting Our Stride: Women, Work and What Matters!" Straight Talk: Getting Off the Curb," and producer of the *Just for a Moment* podcast series, Karel has had wide national publication of her articles, and thousands subscribe to receive her online newsletter "Think Forward!®". Other writing credits include being featured in *Extreme Excellence: Dynamic Interviews with America's Top 10 Performance Experts*.

Please help me welcome Karel Murray!"