

# Dr. Karyn's Biography

- Relationship Expert for Families & Organizations (Specializing in Youth /Gen Y)
- Relationship Expert for Cityline (City TV)
- Relationship Expert for Chatelaine Magazine
- Motivational Speaker to More Than ¼ Million People From Schools & Organizations
- Author of 4 Books Including "Dr, Karyn's Guide to the Teen Years" (Harper Collins)
- Co-Founder of the Family Consulting Practice "dkb Coaching & Wellness Studio"
- Co-Founder of the "High Schools for Haiti" Initiative with World Vision & Maple Leaf Foods
- Doctorate in Marriage and Family
- Extensive Studies in Generational Differences, Personalities, Leadership & Emotional Intelligence (Including Organization, Time Management, Motivation, Empathy, Confidence and Career Direction)

Dr. Karyn Gordon is one of North America's leading relationship experts (specializing in Gen Y), and her mission is to *inspire people to develop exceptional relationships with themselves and others*. A dynamic and inspiring motivational speaker to more than ¼ million people – her gift is communicating *playfully, passionately & pragmatically*. She has given more than 1000 keynotes to a wide range of audiences: elementary / high schools, youth conferences, teachers conferences, government and many Fortune 500 companies including Pepsi, Motorola, PricewaterhouseCoopers etc. Her speaking tours have been sponsored for 8 years by Maple Leaf Foods. Her passion is teaching EQ skills (motivation, career direction, confidence, emotion management, time management empathy and communication etc) that improve all types of relationships:

- Teens / Parents
- Teachers / Students
- Mentors / Mentees
- Managers / Employees
- Inter-generational (Gen Y, Gen X, Boomers & Traditionalists)

For 14 years she has provided her expertise through national media. Currently she is the relationship expert on the national talk-show "**Cityline**" (CityTV) and the relationship expert for Chatelaine Magazine. For 5 years she was the resident relationship expert on the TV show "The Mom Show" (Slice Network) and for 3 years hosted / executive produced an international talk-show called "Spill Your Guts" / Global where she interviewed celebrities about lessons learned as teenagers (Sum 41, Matchbox 20, Our Lady Peace). She is also the go-to expert for current events including ETalk (CTV) & Entertainment Tonight Canada (Global).

Along with her busy speaking schedule and regular media appearances, Dr. Karyn has maintained her thriving consulting practice for families for the last 15 years called '**dkb coaching & wellness studio**' in Toronto. She has listened to more than *7000 hours of youth spilling their guts in her office*. She also recently launched a **New York City** office to serve organizations and families in Queens and Manhattan.

She has authored four practical resources for teens and parents. Her latest book (published by Harper Collins) is called **Dr. Karyn's Guide to the Teen Years**.

Inspired by her Gen Y clients, Dr. Karyn partnered with World Vision & Maple Leaf Foods 2 years ago to build a school in Haiti. This initiative, called "**High Schools for Haiti**" raised nearly \$50,000 in its first year by engaging youth to fundraise.

She has a Bachelor in Psychology, a Masters in Counseling and a Doctorate in Marriage and Family. She has also done extensive studies in organizational systems, personality & generational differences & leadership in the workplace. It is her passion to understand what makes people tick and to help them reach their greatest leadership potential!