



KAREN RUBINSTEIN

Speaker • Writer • Founder, Women in the Rooms

SIGNATURE TOPICS

What's Behind Your Stress?

Burnout Is a Symptom – Not the Problem

Reclaim Your Mind

Why Negative Thoughts Keep Returning

What Recovery Taught Me About Being Human

How to Live Life Joyous, Happy & Free

Learning a Different Response to Stress

An Introduction to Emotional Sobriety

Breaking the Myth:

What We're Getting Wrong About Willpower

To Book Karen Rubinstein:

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ABOUT

Karen Rubinstein's life follows the shape of a real-world hero's journey – a descent and return through trauma, PTSD, therapist abuse, and addiction that dismantled everything she once believed strength was supposed to look like. Recovery was not her victory;

it was her awakening, learning to meet pain, fear, and stress without numbing, avoiding, or overworking.

As a speaker and writer, Karen helps high-functioning, high-achieving women understand what's actually driving their stress, perfectionism, and repetitive patterns – and how to respond differently so those patterns stop running their lives. Audiences leave with language for what they're experiencing and clear insight they can use immediately in their work relationships and personal lives.

“Thank you for sharing your story.

It was raw, inspiring and POWERFUL!”

Maryanne Teng Hogarth

LET'S WORK TOGETHER!

Audience Karen speaks to:

High-functioning professionals navigating chronic stress, pressure, and internal overwhelm

Corporate teams and organizations wanting to understand why stress and burnout happen

Mental health and wellness audiences seeking emotionally grounded, practical insight

General audiences ready for deeper emotional truth delivered in an accessible, human way

People questioning why they keep repeating certain behaviors – including their relationship with wine, social media, work, or other patterns that no longer serve them