

# KAREN NUTTER



Karen Nutter is an Executive Coach and Founder of CBK Advising. She is the author of the books "Finding Contentment in a Chaotic World" and "The Power of EQ: Stronger Leadership through Emotional Intelligence." She has assisted countless companies, leaders and sales professionals in the development of more organized and effective business practices and communications.

In her "previous life" she was a top-producing Sales & Marketing Executive, but she realized her true calling was to help people create success in their own lives. As a coach, Karen focuses on helping people recognize their strengths and motivations to create a clear path to more sales, better streamlined organizational practices and cohesive communications.

A seasoned facilitator, team-builder, and trainer, Karen works with clients to improve organizational culture, organizational and leadership development, employee engagement, job benchmarking, and communication. Her experience in both the private and public sectors gives her insight into the needs of various industries including healthcare, nonprofit, construction, manufacturing and finance.

Karen utilizes scientific assessments to help build a positive organizational culture from the inside – out and provides train-the-trainer programs to help HR professionals, Corporate trainers, Coaches and consultants who are interested in doing the same.

Karen is a Certified Emotional Intelligence Analyst® and a Certified Master Coach®. Her book, *The Power of EQ: Stronger Leadership Through Emotional Intelligence*, offers insight and direction for understanding and developing EQ to maximize professional and life skills.

Karen received the award of Regional Member of the Year in Business Network International (BNI) in 2017, the Regional BNI Director of the Year in 2019, and is featured as one of the '10 Most Successful Coaches in the World' in Joseph Smart's book, "Interviews with Senior Successful Coaches".

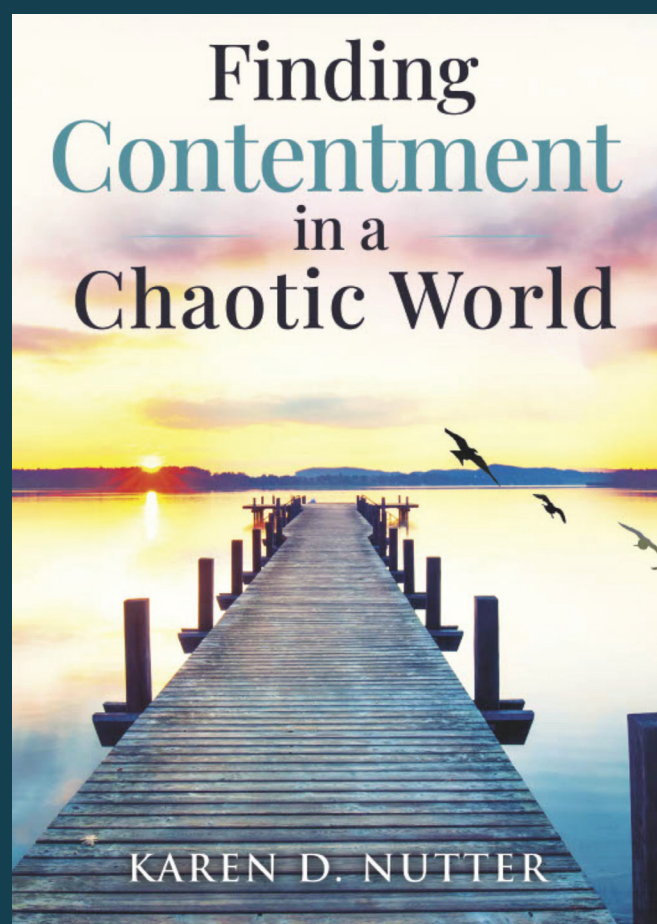
*"When your passion, natural abilities, and motivators are aligned, you can create a successful, rewarding life that benefits you and the people around you. I thrive on helping businesses succeed by helping their team members flourish."*

- KAREN D. NUTTER

## PROFESSIONAL CERTIFICATIONS

- ✓ Certified Master Coach Practitioner®
- ✓ Certified Master Coach Trainer®
- ✓ Certified Intrinsic Coach® (CIC)
- ✓ Certified Professional Behavioral Analyst®
- ✓ Certified Professional Motivators Analyst®
- ✓ Certified Professional Emotional Intelligence Analyst®
- ✓ Certified Hypnolinguistic Practitioner®

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*Life can be chaotic.  
Yours doesn't have to be.*

## AN EXCERPT FROM THE BOOK

// An important step to releasing fear and worry is believing that life without it is possible. Here's a little exercise I want you to do:

Sit quiet and still, close your eyes, and imagine a day without angst, fear, insecurity, doubt, or worry. What would that day look like? Imagine yourself going about the day smiling, feeling light and carefree. Really picture this for yourself. Now, what would it feel like? Try to sit in that feeling for as long as you can and truly sink into it.

Try to start each day with this short exercise. It doesn't need to be a long meditation. Simply sit for a few quiet moments and intentionally imagine a life without worry or fear. Then, as you go about that day and worry inevitably sneaks in, take a deep breath and remember that feeling. I often suggest that my clients snap their fingers or wear a rubber band around their wrist and snap it the minute a negative thought creeps in.

The first milestone on the road to contentment is training your mind to recognize when you are in the fear and worry spiral so you can release it. This isn't an easy process, but I promise it's possible. //

### AUTHOR

Karen D. Nutter

### TITLE

Finding Contentment  
in a Chaotic World

### ASIN

B0921XP6W1

### ISBN

9798523086175

### PRICE

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### PUBLICATION DATE

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### GENRE

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Leadership  
Self Help  
Self-Management  
Stress Management

### PAGE COUNT

46 Digital, 78 Softcover

### LANGUAGE

English

### BINDING

Digital & Softcover

### AVAILABLE AT

**amazon** **kindle**



**ALSO AVAILABLE AT:** [FindingContentmentInAChaoticWorld.com](https://FindingContentmentInAChaoticWorld.com)



This is a book that combines deep wisdom and practical exercises that can forever change your life. In Finding Contentment in a Chaotic World, Karen Nutter walks you down the path of letting go of fear, knowing and accepting who you are, and developing the practices necessary to find inner peace. Based on years of coaching executives, managers, and people from all walks of life, her teachings are simple, relatable, and like a breath of fresh air in our all-too-often chaotic world.

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## Q&A with the Author

### ✓ When did your quest to find contentment begin?

"It actually started when I was a child. My mom was one of those single moms struggling to pay bills and working two jobs to support us. It was stressful for all of us because we never knew if we were going to be evicted or be able to keep the lights on. So as an adult I went into sales which was a way that women could make good money. But that was so stressful I became very ill and pretty much bedridden for several years.

While I focused on getting well, you can imagine I prayed a lot! I made a promise to God if he healed me, I would find a way to lead the life he wanted me to live. He kept his end of the deal, so I kept mine. I went back to school and received training as a coach, and I devote every day to helping people lead better lives in their personal relationships and their professional ones. I know from my own experience that if you aren't healthy in your professional life and communicating positivity with your colleagues it can lead to debilitating stress. My quest really began as a young person and has led me to seek contentment every day and coach other people on how they can find it too."

### ✓ When did you first feel that you had found contentment in your life?

"I knew I had found contentment when I was able to talk to God like a friend, sit still in the quiet without becoming anxious and accepting people for who they are not what I wanted them to be. Once I started doing that, I felt a calm come over me and quite literally heard the Lord say, "everything will be okay, just keep doing the next right thing."

Doing the next right thing for me was to live my calling to help others, to create a business where I was contributing in a positive way to people's lives and focus on helping others when I may not have always felt like it. That's very human to give when it's convenient for us, but the act of giving to others is more meaningful when it is not as convenient, affordable or easy."



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## Q&A with the Author

### ✓ **It sounds like finding contentment takes some work – how do you walk people through the process in your book?**

"We offer many tools and tips in the book as well as additional downloads to complement the suggestions in the book such as a 10-minute guided meditation that's available on my website. It will help reduce stress, worry, anxiety and regret to find a peaceful calm.

There is a suggested journal topic list that can get readers on the path of journaling. Tools like journaling will help you to get rid of negative thinking and I provide topics and prompts to get you going.

One big thing that keeps people from finding contentment is that they feel overwhelmed most of the time – like there aren't enough hours in the day. So, there is a time management tool that has helped my clients find ways to stop the procrastination and fear which can cause paralysis analysis and get things accomplished in one day that used to take way more time."

### ✓ **As they work through those steps, how can people tell that they are starting to find contentment?**

"The first step is to discover the root of your discontentment; the next step is to understand why it's causing you so much unhappiness. Then I teach you how to resolve it and prevent it from coming back into your life to bring you down. I also outline how to become more intentional with your feelings and how you can take those thoughts and feelings to your higher power to find greater understanding.

You will start to feel more content in your personal lives when you start to flow through the day, if things pop up that aren't scheduled you roll with it and you have more patience with others, you will be able to navigate challenges more intuitively and it won't feel so hard – things will just feel easier.

For example, traffic won't stress you out, a sudden change in plans won't rock your world and you will find people to be less annoying.

You will feel these same things in your professional life and as leaders you will be able to face the fear and worry of being liked, that you're doing a good job and making your mark. Leaders also learn how to manage their time, in real time.

For example, there is always that one person at work or a customer that you find difficult to deal with – but now they won't cause you to react in a stressful way. And better news is that you will find yourself getting healthier. You won't be triggered into grabbing a donut or cocktail to self-soothe."