

KAREN PAMBIANCHI

ASSOCIATE CERTIFIED COACH



Karen Pambianchi holds an Associate Certified Coach credential from the International Coaching Federation. She has 10 years of experience as a leadership coach, speaker, and workshop facilitator.

Karen is known for creating individual learning opportunities and facilitating groups that yield high individual impact and powerful peer-to-peer connections. Naturally curious, Karen engages professionals to create work-life harmony that allows them to feel like rock stars at work as they climb the ladder of success, lead effective teams, and be present to enjoy all that life has to offer outside of the office.

Launched in 2018, Karen established Swift Water Collaborative, LLC, with the mission to develop leadership and communication skills and build self-awareness in professionals to achieve career success while honoring their whole-person and creating their ideal work-life integration.

Leveraging her inherent skill of listening, collaborating, and problem-solving to develop programs that support the needs of her client, Karen is laser-focused on the impact of each program, whether a group as small as five or a fully curated day-long event for up to 1500 people.

Throughout her career in corporate and non-profit event planning, marketing, and fundraising and coaching, Karen always focuses on building relationships, engaged listening, withholding judgment, and helping people develop self-awareness of their values and vision, and working with them to reach their individual and organizational goals.

Karen has partnered with professionals from non-profit, healthcare, retail, hospitality, manufacturing, transportation, technology, financial services, education, architecture, construction, and legal industries, as well as consultants and entrepreneurs to leverage their strengths, collaborate and actively participate in creating an inclusive, productive, and positive work environment.

As a speaker, Karen is dynamic and engaging. Her main stage keynotes, and breakout sessions have been requested at industry conferences across New England, including IMFA, NEHRA, NEMA, NH NEA and the Maine Women's Conference.

When she is not coaching, Karen loves spending time with her husband and two children alpine skiing as a family and using their ski boat in her home state of Maine. She is the loudest one in the stands for her son's hockey, baseball, and football games and loves watching her daughter follow in her dance shoes, performing on stage.