



KAREN MAZE

HEALTH & HAPPINESS COACH + SPEAKER

Calm, clear, consistent...from the inside out.

Karen helps high-functioning people feel calmer, clearer, and more consistent in their daily lives. Her work blends practical behavior change with emotional awareness, creating sustainable shifts that actually hold.

SIGNATURE TALKS

Happiness Isn't a Trait, It's a Practice

Practical happiness that works in real life

- Build a steady, resilient baseline for happiness
- Shift from external to internal stability

Stop the Struggle, Design Your Energy

Why behavior change fails, and what works instead

- Move beyond willpower
- Build momentum through small, repeatable actions

Never Be at the Mercy of Your Mood Again

How to stop letting your feelings run the show

- Move from reactivity to grounded, intentional response
- Develop self-trust through what you feel -- not despite it

WHAT AUDIENCES GAIN

- Practical, real-life tools (not theory)
- Reduced overwhelm and clearer decision-making
- A more sustainable approach to habits
- Increased self-trust and consistency

SPEAKING STYLE

Grounded, direct, and deeply relatable.

Karen blends real-life insight, practical tools, and thoughtful reflection...so audiences leave not just inspired, but with clear next steps.



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Available for virtual and in-person speaking