



SUNFLOWER
TRAINING & CONSULTANCY
INSPIRE · EMPOWER · GROW

Bio



Karen Oldham-Waring, Director of Sunflower Training & Consultancy

Karen has been delivering workshops, courses and conferences in the Southwest for over 10 years. Throughout this time she has worked with both large and small Companies from statutory to the voluntary sector

As a qualified and experienced trainer, Karen's expertise lies in empowering and inspiring workforces to be the best that they can be using various different training mediums whilst working with the host organisation to help them understand the benefits of investing in a healthy workforce and the rewards that come along with that. Karen's other qualifications and experience come in the form of Leadership, Mentoring and Public Health England Certification.

Originally from the Lake District, Karen has worked both around the UK and USA in a teaching role before settling in the Southwest and making it her home. Karen started out as a Gym Manager for Mental Health Services in the North West of England to help people with mild to moderate depression and anxiety improve their condition through physical activity and mentoring. Apart of her involvement in the gym, Karen and the team gained success and recognition through achieving an NHS Nye Bevan Award for Health & Wellbeing.

Karen's passion for these subject areas comes from her experience in the Mental Health Sector, input and involvement in Cornwall's Workplace Health Award Scheme and Public Health England's drive to reduce the rate of Suicide to zero.

And ... the proud Winner of the Excellence in Business Awards South West 2017 for Individual Champion to Staff Development.



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