

BIO

Karen Williamson



When you book in a session with Soul Motive therapy it will be all about 'you', not the healer/coach, so we will be making the most of every minute of your time to focus on healing ailments/blockages you may have or talk about your needs to help you reach 'your' personal goals.

If you are a little bit curious who is helping you out on the other end of the phone or online helping you on your healing/personal development journey here is some info for you.

PROFESSIONAL EXPERIENCE

- Master Usui Reiki Practitioner (commenced Reiki studies in 2001)
- Life Coach (Certificate IV/2014), The Coaching Institute, Melbourne, Australia
- **Social services – Disability, aged care and youth (if you need assistance with this service please email me to discuss rates and how to arrange sessions – soulmotivetherapy@icloud.com**
- Have assisted approximately 6000 +++ individuals last 20 years in coaching, mentoring, personal development, employment tools, energy healing to assist others to reach their goals
- Youth Advisor to vulnerable young people between 15 – 24 years of age with high barriers in the Transition To Work programme (4 years with a not for profit company on the Gold Coast)
- Business Development Advisor (across many industries including training & employment & export/import industry)
- Training/Compliance Consultant for a Not For Profit company/4 years
- Export/Import Air Freight Team Leader (ground handling agent for international airlines & freight forwarding companies)
- Recruitment Consultant
- Industry Consultant (apprenticeships/training courses youth)

WHY SO PASSIONATE & INTERESTED IN ENERGY HEALING & COACHING?

- Drawn to Reiki when I commenced my solo relocation to Queensland, Australia in 2002. I was super curious about learning to heal myself, try and cure or keep at bay the severe allergies that I had experienced most of my life, achieve more balance on an energetic level & also heal a Pterygium in my eye that had formed living in Australia's harsh outdoor climate growing up by the beach.
- In 2012 a family member was diagnosed with high level Breast Cancer who was based in South Australia and I was living in Queensland. I wanted to help this family member with her severe health challenge and knew that Level 2 Reiki healing allows a Practitioner to deliver 'distant' Reiki and thought this would be a great way to offer assistance whilst living in different parts of Australia. So, I signed up for Reiki level II and it was the best thing I have ever done ...

.... and then this is when the real magic started to happen and I seriously realised how powerful energy healing can be if the right forces come together that are aligned with pure positive intent used with the right skills being incorporated and healing began to manifest with many of my Reiki participants with amazing results I was in awe and energy healing was bringing absolute pure joy into my life being able to help others overcome some of their major health obstacles symptoms and be part of the process to bring about a better quality of life. I knew this was my divine path incorporated with coaching helping others and I had found my true calling and this is how Soul Motive therapy was birthed.

- It is a true honor for me to take part in other people's healing journeys and hear the results of their quality of life improving or reaching their ultimate goals.
- When I first started working as a Recruitment Consultant 20 years ago in Brisbane I was getting a complete buzz by assisting others discussing what their goals were and how I could help them reach their goal. This is when I knew a Certificate IV in Life Coaching would be the ideal pathway to gain more professional skills and would cross over into any career field in the future. Once this qualification was achieved over a space of 1 year of study it led me to working in the training & employment industry for the next 20 years and a huge body of work was achieved across many roles mainly focusing on case management of youth and adults with high barriers to overcome.

TOP 5 PERSONAL VALUES:

In a coaching session we discuss core values, here are my top 5 core values which help assist me to determine and choose my own needs and decisions. These values are in no particular order since each value means to me as much as the other value :

- Love
- Integrity/Respect
- Compassion/Empathy
- Trust
- Faith

PERSONAL INTERESTS:

- Travelling (Travelled to 14 countries & also have lived in London, Germany and 3 states in Australia – Victoria, South Australia & Queensland)
- Trekking in a rainforest (connecting to nature, renews energy & re-balances)
- Walking daily on a beautiful Gold Coast beach or in a park with my dog Tyson
- Gardening
- Lap swimming
- Tennis
- Sailing
- Personal development (constantly always learning new skills & growing, attending courses to create more awareness)
- Australian Rules Football (living in South Australia and Victoria over a 28 year period Aussie Rules was a big part of the lifestyle in my younger years & occasionally attend the odd game here & there on the Gold Coast)