



Social Graces

BEHAVIORAL COACHING

ABOUT KAROLEE

Karolee Lovan

Behavioral Life Coach

Karolee works at the intersection of behavioral psychology and practical leadership, helping teams identify the invisible loops that quietly limit performance, retention, and innovation.

Her Pivot Point Method has helped organizations break stagnant cycles and build cultures of intentional action.

BOOKING DETAILS

Formats: Keynote Workshop Half Day

Audience: Teams, Executives, HR

Location: Virtual & In-Person

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BOOK A DISCOVERY CALL

Stop Running on Auto-Pilot.

Behavioral coaching that transforms how your team thinks, decides, and leads.

SIGNATURE TOPICS

01 The Auto-Pilot Audit

Keynote | 45 to 90 minutes

Most teams are stuck in behavioral loops, not strategy gaps. This keynote gives leaders a framework to identify invisible patterns limiting productivity and retention, and the tools to interrupt them.

Increased clarity | Stronger decisions | Measurable momentum

02 The Soft Skills of High-Stakes Leadership

Workshop | Half or Full Day

Emotional intelligence is the competitive advantage. Equips leaders with behavioral tools to navigate conflict, build psychological safety, and communicate in ways that retain top talent.

Reduced conflict | Improved retention | Stronger culture

03 Breaking the Burnout Pattern

Keynote or Workshop | 60 minutes

Burnout is not a workload problem. It is a pattern problem. Reveals the behavioral loops that accelerate burnout and equips teams with interrupt techniques to rebuild sustainable performance.

Lower burnout rates | Better boundaries | Lasting energy

87%

clarity after 1 session

3x

faster decisions

40%

burnout reduction