

Karen Anastasia Prescod

100 Word Biography

Karen Anastasia Prescod is a Wisdom Warrior Catalyst, international speaker, and award-winning leader focused on the human side of leadership. Born in Trinidad and Tobago, she moved to the United States and built 17 years of corporate experience, more than 20 years of entrepreneurship, and Chamber leadership. After her wife, Tracey, transitioned suddenly in 2023, Karen traveled alone across 24 countries, 22 months, and five continents. A #1 international bestselling contributing author, she teaches leaders through “Remember to See Them” to see themselves, the performance, and the person—while holding standards and remembering people need to know they matter today.

© 2026 Karen Anastasia Prescod and Wisdom Warrior Leadership. All rights reserved. This biography may be reproduced in its approved form solely for authorized media, speaking engagements, event promotion, introductions, and award nominations. No editing, adaptation, commercial reuse, or artificial intelligence training is permitted without prior written permission.