

Karen Anastasia Prescod

150 Word Biography

Karen Anastasia Prescod is a Wisdom Warrior Catalyst, international speaker, and award-winning leader whose work centers on the human side of leadership. Born and raised in Trinidad and Tobago, she moved to the United States at age 20. Her career spans 17 years with major corporations, more than 20 years of entrepreneurship, and Chamber leadership.

After her wife, Tracey, transitioned suddenly in 2023, Karen sold almost everything and began traveling alone. Across 24 countries, 22 months, and five continents, she deepened her understanding of the unseen realities people carry.

Through her signature keynote, “Remember to See Them,” Karen challenges leaders to look beyond assumptions without lowering standards. Her framework—See yourself. See the performance. See the person.—connects humanity with accountability.

A #1 international bestselling contributing author, Karen is the founder of Wisdom Warrior Leadership. The Karen Prescod Trailblazer Award was established in her honor. Her message remains clear: people need to know they matter.

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