

Karen Anastasia Prescod

250 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: seeing beyond performance, position, and assumptions to recognize the person in front of us. Born and raised in Trinidad and Tobago, she moved to the United States at age 20 and built her life by learning how to begin again.

Karen's career spans 17 years with major corporations, more than 20 years of entrepreneurship, and extensive nonprofit and community leadership. She advanced from crew member to management at McDonald's, led high-volume retail operations, managed multimillion-dollar accounts, launched The Bowtie Gurl, LLC, founded Bowtie Kids, a DBA of Prescod Kids, Inc., served on the Greater Fort Lauderdale Chamber of Commerce Board of Directors, and rebuilt its Women's Council.

After her wife, Tracey, transitioned suddenly in 2023, Karen sold almost everything and began traveling alone. Across 24 countries, 22 months, and five continents, her journey deepened what her leadership experience had already revealed: people need to know they matter.

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.—helps leaders hold the standard and get the results.

A #1 international bestselling contributing author, Karen has received the South Florida Business & Wealth Prestigious Women Award, the Chamber's Chairperson of the Year Award, and recognition as one of Fort Lauderdale's Powerful Women. The Karen Prescod Trailblazer Award was established in her honor. She is the founder of Wisdom Warrior Leadership. Her message remains clear: people need to know they matter.

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