

Karyn Garossino

TRAINER



Olympian Karyn Garossino, BA, M. Ed., brings a combination of insight and grit from 40+ years of being coached and coaching others. Her experience at the highest levels of elite sport, Master’s Degree in psychology and adult education, and experience working with thousands of leaders in business and government bring huge depth to her understanding what it takes to thrive under pressure—and to lead others to do the same.

Karyn’s career as a competitive figure skater spanned ten years of international competition, including five world championships, a trip to the 1988 Olympic Games, and a spot at the top of the podium at the Canadian championships in 1989. Karyn attributes much of her success to her ability to master the inner skills required to transform pressure into growth—concepts and skills she now teaches in programs with Queen’s Smith School of Business and to corporate clients across a range of geographies and industries.

Karyn is an articulate and effective communicator who conveys the course material with conviction, credibility and humour. Participants appreciate her animated approach to teaching and her responsiveness to group dynamics. As she draws on personal experiences to bring the course concepts to life, Karyn’s presentations are thought provoking and inspiring.



“Her enthusiasm and focus was excellent.”

“Fantastic Presenter! Authentic and ‘walks the talk!’”

“Her personal experiences established credibility.”

“Excellent and entertaining.”

“Lots of passion and experience.”

– Program Participants

SELECTED CLIENTS

- EcSell Institute
- Nexen
- Hydro One
- Queen’s School of Business
- Enbridge Gas
- RBC
- RCMP
- TD Bank