



### **Dr. Karen Rigamonti brings**

passion and compassion to every conversation, whether it be as an advocate, speaker, consultant, or coach.

With a background ranging from Human Ecology to Internal Medicine and Anesthesiology, an M.B.A. and M.P.H. to serving on non-profit boards, and working as a certified coach, Dr. Karen is able to bring healthier perspective to any conversation.

She is lively, passionate and knowledgeable and brings interactivity into any presentation or interview.

If you're ready to educate and inspire your audience it's time to book Dr. Karen.

### **CONTACT INFO**

Phone: (410) 365-9623

Email: [Karen@khdr.org](mailto:Karen@khdr.org)

Portfolio: [www.DrKaren.org](http://www.DrKaren.org)

LinkedIn: [@khdr-consulting](https://www.linkedin.com/company/khdr-consulting)

Video Intro: [bit.ly/DrKarenIntro](https://bit.ly/DrKarenIntro)

CREATING HEALTHIER CULTURES

# DOCTOR Karen

KAREN RIGAMONTI, M.D., M.P.H., M.B.A., P.C.C.

## **TOPICS OF CONVERSATION**

- **Bringing Humanity Back To Healthcare**
- **Combating BurnOut:** Signs, symptoms & treatment
- **Compassionate Conversations:** Communicating effectively in any situation with any individual.
- Living and working as a female medical professional in Saudi Arabia, **a transformational experience**
- **The Enlivened & Effective Advocate:** How to be the best caregiver and advocate for those you care about without wearing yourself out
- **Inclusive Conversations: Leveraging Diversity:** Bringing people of all backgrounds and abilities to the table.
- **Eliminating Toxic Environments:** the key to highly effective teams.

*Without communication, connection is lost. If we want to work toward a better, safer workplace culture, we have to be willing to communicate effectively and come to a place of understanding.*

*~ Dr. Karen*

## **CREDENTIALS**

- **M.P.H.** Johns Hopkins Bloomberg School of Public Health
- **M.B.A.** Loyola University Maryland Sellinger School of Business & Management
- **Anesthesiology** Residency, University of Maryland School of Medicine
- **Internal Medicine** Residency, Mount Sinai Hospital, Elmhurst
- **M.D.** Universidad Autónoma de Guadalajara
- **B.S.** Cornell University
- Professional Certified Coach, **International Coaching Federation**

# **ADVOCATE / SPEAKER / CONSULTANT**



## ABOUT DR. KAREN

Dr. Karen Rigamonti resides in Baltimore, Maryland having returned from living for more than 5 years in the Kingdom of Saudi Arabia. She has 3 adult children, one of whom has significant disabilities, including autism, visual impairment, and intellectual disabilities. She has spent over 35 years working with and advocating for children with special needs and their families in healthcare, the schools, and in the community. She is also the proud grandmother of 2 young creative and spirited grandchildren.

Dr. Karen provides professional co-active executive, relationship, and medical coaching; conducts research on caregiver burden; and consults for John Hopkins Medicine International (JHMI). She believes that when the culture is right at an organization, the business will take care of itself, all stakeholders will be more engaged and satisfied, and outcomes will be safer for all.

"Doctor Karen is a gift to our medical community. Her brilliance is combining her wealth of experience as a medical doctor, with her wisdom about our international medical community and infusing that wisdom with a mother- love-toughness that comes from spending a lifetime caring for her own autistic child. Doctor Karen is intimately involved with both sides of "bed side manner" and is an expert at bring the two harmoniously together through her engaging talks and interactive events."

**Dean L. Regan, R.Sc.P.**

"Dr. Karen Rigamonti presented 'Dealing with Difficult Patients Workshop' and 'Listening Training Workshop' to employees of Clinical Nutrition and Food Services Division at Johns Hopkins Aramco Health Care. Dr. K. Rigamonti did an outstanding job conveying the information, ensuring the audience captured the information and providing tools for the group to retain the information. Dr. K Rigamonti facilitated these courses for us with energy, enthusiasm, and a great depth of knowledge and I look forward to her offering additional topics to our team."

**Ghada Al- Habib , MS , R.nutr.**  
**Johns Hopkins Aramco Healthcare**

## WHAT PEOPLE ARE SAYING...

The insights I gained through participation in Dr. Karen's

Communication Skills for Leaders workshops have been immensely beneficial in a direct and practical way. Before attending the workshops,

I felt blocked and unable to effectively collaborate with my team to increase engagement and enhance our workplace environment, despite a strong and genuine desire to do so. I had invested time and effort working from multiple online and print resources, and felt that progress was limited.

Dr. Karen's unified approach combines vision led guidance with caring and pragmatic steps to help leaders help their teams.

**Sarah Palmer**  
**Marketing & Communications**  
**Manager at Johns Hopkins**  
**Aramco Healthcare**

