

# Karen Goodridge, M.Ed., PhD

511 Una Street Denham Springs, LA 70726 | 225.202.4868 | [karen@karengoodridge.net](mailto:karen@karengoodridge.net)  
<https://www.linkedin.com/in/karen-goodridge-phd/> | [www.karengoodridge.net](http://www.karengoodridge.net)

## Profile

With a relentless commitment to developing the potential in others, **Dr. Karen Goodridge** is a passionate thought-leader and bridge-builder who is dedicated to helping young professionals and executive leaders' transition through some of the most critical times of their lives. She has an unprecedented ability and willingness to meet people right where they are by cultivating authentic relationships that solidify long-term impact and produce practical, yet holistic transformational change.

## Experience & Accomplishments

**KG Consulting Group, Denham Springs, LA**

**2018-Present**

[www.karengoodridge.net](http://www.karengoodridge.net)

**Founder & CEO**

- Work with small and mid-size organizations to achieve significant business results.
- Develop workshops and custom consulting engagements to build effective teams and moral.
- Organize and deliver corporate retreats and strategic planning sessions.
- Conduct a series of personality and strengths assessments to coach clients on self-awareness development and personal growth.
- Coach business leaders on organizational change, motivation, and management style.
- Assist organizations and individuals in developing and amplifying their own unique brand.
- Coach clients through pivotal points within their lives to maximize opportunity and self-worth.
- Conduct workshops for high-school seniors on career planning and selecting a college curriculum.
- Established a consulting model which includes collaborative consultants offering operational, financial, and human capital development within small and mid-size organizations.
- Assist managers in understanding themselves and their employees, allowing them to become more effective managers.

**Franciscan Missionaries of Our Lady University, Baton Rouge, LA**

**2007-2018**

***Student Development Specialist, Student Affairs***

*Student Leadership Development*

- Established all systems and procedures serving the 19 student organizations, 98 student organization officers, 19 faculty advisors; managed every aspect of all budgets, such as deposits, purchases, and fundraising.
- Managed budgets for, Student Ambassador Leadership Program, 16 student organizations and Office of Student Development.
- Established Student Ambassador leadership program; recruited, interviewed and selected students to serve; coordinate campus and community events for up to 20 Student Ambassadors per semester; managed budget and fundraising events.
- Designed a student leadership model used to prepare students professionally to serve as university representatives.
- Provided monthly trainings regarding personal, professional and leadership development for student ambassadors, student organization officers and faculty advisors.

*Personal Counseling*

- Provided crisis intervention campus-wide; provided personal, career and academic counseling.

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## *Professional Development*

- Attained 20 continuing education units by attending annual conferences: National Career Development Association, National Association of Student Personnel Administrators, Louisiana Career Development Association, and Louisiana College Counseling Association and Louisiana Counseling Association.
- Attended and presented at national and state conferences and seminars: LCA, ACA, NCDA, LCDA, ACCA, LCCA, BRAC, SHRM, and LSU.
- Selected for, "Lake Leadership College" higher education professional development taught by College President.
- *Service*
- Co-Chaired for Student Success Plan.
- Assisted new and transfer student/parent orientations.
- Developed and taught Freshmen Academic Seminar Class.
- Coordinated 14 Habitat for Humanity Builds.
- Consistently mentored undergraduate and graduate students.
- Provided training workshops for higher education institutions and community organizations.
- Committees include: Financial Aid Appeals, Academic Appeals as related to students with disabilities, Campus Life, Hiring Committees, Welcome Week, Graduation, Career Fair and Convocation.

## **Success Labs, Baton Rouge, LA**

**2010-2012**

### ***Contributing Consultant***

- Provided clients career coaching techniques in areas such as career assessments, resume writing, career exploration techniques and job search strategies.
- Prepare documented performance improvement plans with measurable outcomes.
- Taught techniques for clients in career transitioning.

## **Baton Rouge Community College, Baton Rouge, LA**

**2005-2007**

### ***Career Counselor, Career Services***

- Established all systems and procedures serving the fully functional career center for 7,000+ students.
- Coordinated, developed, implemented, and evaluated career-related presentations, career fairs, career services web site, career and personality assessments, job shadowing, and internships.
- Responsible for teaching aspects of career development to all students preparing for the workforce.
- Wrote and awarded grants to provide the Myers-Briggs Type Indicator to students free of charge.
- Negotiated contracts for software (i.e. Monster TRAK, Discover, and MBTI).
- Developed and defended budgets before the Budget Hearing Committee.

## **Certifications**

- Louisiana State University Leadership Development Institute Certification, (2019)
- Myers Briggs Type Indicator Certification, CPP #449709 (2015)
- Our Lady of the Lake College Lake Leadership Certification. (2013)
- Franklin Covey, Leadership Foundations Training for Emerging Leaders. (2012)

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## Education

- Doctor of Philosophy, Agriculture & Extension Education and Evaluation** May 2019  
**Louisiana State University, Baton Rouge LA**  
*Coursework Concentration: Leadership and Human Resource Development*  
*Dissertation: The Influence of Selected Factors on the perceived work readiness of undergraduate completers at a research university*
- Master of Education, Counselor Education** August 2005  
**Southeastern Louisiana University, Hammond LA**
- Bachelor of Arts, Sociology *Cum Laude*** May 2003  
**Southeastern Louisiana University, Hammond LA**

## Teaching Experience

### Graduate Student Instructor

School of Leadership & Human Resource Development, Louisiana State University, Baton Rouge, LA.  
Course Taught: Human Capital Development

### Adjunct Instructor

Undergraduate, Franciscan Missionary of Our Lady University (FranU), Baton Rouge, LA  
Course Taught: Academic Seminar

## Professional Affiliations

- Student Affairs Administrators in Higher Education
- Louisiana Counseling Association (Past Executive Board Member)
- National Career Development Association
- Louisiana Career Development Association (Past Board Member)
- Louisiana College Counseling Association (Past-President)
- Chi Sigma Iota Honor Society

## Guest Lectures & Academic Workshops

Louisiana State University Women In Business at LSU (2020, September)  
*Personal Branding: Preparing Yourself as an Influential Woman for the Workforce.*

Association of Talent and Development (2020, May)  
Professional Development Training  
*How to Successfully Build Your Personal Brand.*

Louisiana State University College of Business (2019, December)  
*Taking the Leap of Faith as an Entrepreneur: How to Know When You Are Ready.*

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Association of Government Accountants (2019, December)  
Professional Development Training Conference  
*The Importance of Self-Awareness When Building Your Personal Brand*

Louisiana State University AgCenter & Leadership Development Institute. Project Explore (2019, May)  
*Mentor-Mentee Taking the Leap of Faith as an Entrepreneur: How to Know When You Are Ready.*

Louisiana State University Entrepreneurship Startup Weekend (2019, March)  
*How to Improve Your Business Model Canvas, Workshop Feedback*

Louisiana State University College of Horticulture (2018, October)  
*Becoming Aware That You Have a Personal Brand and the Importance of Intentionally Branding Yourself Authentically.*

Louisiana State University College of Business (2018, February)  
*Becoming Aware That You Have A Personal Brand and The Importance of Intentionally Branding Yourself Authentically.*

Baton Rouge Library Career Center Community Workforce Workshops Series (2017, October)  
*How Aware Are You: Personal Branding and Self Awareness.*

Louisiana State University College of Business (2017, October)  
*Becoming Aware that You Have a Personal Brand and the Importance of Intentionally Branding Yourself Authentically.*

Our Lady of the Lake College Physician Assistant Orientation (2017, January)  
*How to Make the Best of Your Experience?*

Our Lady of the Lake College Student Retreat, Retreat Facilitator (2017, April)  
*Discovery You Retreat, My Call, My Vocation.*

Baton Rouge Community College (2016, October)  
Baton Rouge Entrepreneur Week, KBD Honor Society  
*Personal Branding – True Colors – Passive vs Intentional Branding.*

Louisiana State University College of Business (2016, February)  
*Becoming Aware that You Have a Personal Brand and the Importance of Intentionally Branding Yourself Authentically.*

Graduate Student Instructor (Fall 2015)  
School of Leadership & Human Resource Development, Louisiana State University, Baton Rouge, LA.  
Course Taught: Human Capital Development