

Karas Wright



What sets Karas apart is her ability to challenge the status quo through deep conversations that inspire self-reflection and growth. She works with individuals to identify and explore self-awareness and mindset, limiting beliefs, or biases. This awareness allows for a deeper understanding of one's capabilities and how to hold oneself accountable to achieving goals. Often, her coaching conversations turn towards habit change or formation, and she creates a space that is warm and inviting yet challenging.

Karas is a seasoned leadership and executive coach with over 25 years of experience in the finance industry and a prior 5 years in retail management. She has worked in various client-facing and back-office support roles within the Wealth Management, Banking, and Insurance industries. Over the past decade, Karas has been instrumental in shaping and guiding leaders at all levels, from first-time managers to executives.

Karas' education is in business and psychology. She graduated with a major in Marketing from Southern Alberta Institute of Technology and later pursued a Psychology Diploma with a specialization in Psychotherapy and Counseling from Kelowna College of Professional Counseling. Currently, she expects to complete her Bachelor's in Psychology in spring 2025. Karas also holds the Certified Leadership Coaching Designation from Essential Impact and has been accredited through the International Coaching Federation with the Associate Credentialed Coach (ACC) designation. In early summer 2023, she will have completed her Certified Mindful Workplace Facilitator's designation through Mindful Leader.

Karas' success in cultivating great relationships with her clients is rooted in her deep understanding of emotional intelligence. She has held regional strategy and support roles focusing on facilitation, coaching, and driving success in a targeted area of focus. Karas is passionate about the growth and development of those she coaches, and her expertise lies in connecting and challenging individuals to grow and change.

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