

KLM



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Karen Muldoon spent 25 years in corporate tech sales at Salesforce, Zendesk, Thomson Reuters, and Coupa, progressing from programmer to VP track, building teams and closing enterprise deals at the highest level. Then perimenopause hit during the most important presentation of her career. Brain fog. Exhaustion. An inability to perform when it mattered most. Three doctors told her she was fine. She wasn't.

Karen retrained in functional nutrition while still working full-time, rebuilt her health using evidence-based protocols, and within months her energy and clarity returned. That experience became her business.

Today, Karen works with professional women at Director, VP, and C-suite level and with female founders scaling businesses, helping them navigate perimenopause without stepping back from demanding careers. Drawing on her Fortune 500 credibility, she also works with organisations through corporate advisory, speaking engagements, and workshops, having taken her message to some of the world's leading tech companies.

Her weekly newsletter, Friday Fuel, cuts through the noise on nutrition, hormones, and evidence-based performance, growing a loyal readership of professionals who value straight-talking guidance.

Karen is also an angel investor in female health tech, backing the next generation of solutions for women's health.

Karen's ambition is to build strategic partnerships across the female health tech sector and expand her corporate offering as organisations wake up to the cost of losing senior female talent.

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