

Karen Ledger, Social Worker

Karen Ledger, BSc, MA, CQSW, is an independent care consultant, case manager, psychotherapist and coach who has always worked with individuals, teams and organisations to enable them to realise their potential through effective relationship. She believes that living a fulfilling personal and professional life should be available for everyone, regardless of circumstances and works with people in a wide range of situations.

Karen started her professional career as a Nurse in general medicine, then in 1983 moved into Social Work working with the elderly and becoming Principal of a residential unit in 1998. She then moved into working with people affected by HIV/AIDS and in Sexual Health in Social Services and the NHS as a practitioner and manager before qualifying in psychotherapy and supervision.

She set up her own psychotherapy practice in 1995 and began working in the medico-legal field in 1997. Her experience is wide ranging and involves making assessments and designing and implementing appropriate approaches to care, therapy and facilitation. Her caseload includes clients and staff

spanning the independent and public sectors within the UK.

Karen has previously been a medico-legal associate with HAAS and a case manager with JS Parker and Associates practicing generically and with a specialism in brain injury; providing medico legal assessment reports for personal injury litigation and also devising and implementing care plans and psychological rehabilitation for clients with brain injury.

As a consultant and executive coach, she has worked with a range of teams, including Finance Departments, NHS Boards, the Fire Service and Senior Management Teams. Her work focuses on building effective relationships and communication to achieve high performance.

Karen's role as a coach and mentor includes working with executives, medical consultants and senior managers from a wide range of disciplines to reach their potential and involves organisational culture change and development of leadership style.