

## KAREN LAVALLEN

Karen Lavallen first learned of Storytelling Arts in 2009, when she volunteered at Bridge Academy in Lawrenceville, through Carrie Wainwright, the organization's Executive Director. Karen fell in love with the organization's mission and story tellers as she experienced the magic that comes from hearing traditional tales firsthand. The love of story deepened when she became the organization's Assistant Director in the same year.

During her tenure with Storytelling Arts, Karen's responsibilities grew from marketing, to working on fundraising, to learning the fine art of grant writing. Karen was recruited to take over the ED role when Carrie moved on in 2012. For the next eight years, Karen established new programming in schools, grew the Board of Trustees, developed the organization's new Strategic Plan, revamped the brand, and strengthened the organization's finances by broadening support from donors and charitable foundations.

In 2020, Karen decided to follow her passion for health and fitness. She earned her first Nutrition Consultant certification, 100-Hour LYT Yoga Teacher Certificate, and subsequently opened East State CrossFit with business partners. She currently manages the day-to-day activities of the gym, teaches yoga classes, trains for upcoming triathlons, and works towards her 300-Hour LYT Yoga Certification.