

# KAREN MULDER

## FOUNDER

Wisdom of the Wounded Ministry



*Helping you care well for others during life's challenging times*

## SIGNATURE SESSIONS

### OH NO! I JUST MADE THINGS WORSE

What not to say when you really want to help someone.

“Oh no! I just made this situation worse!” Have you ever tried to help someone who is going through a rough time, and you said the wrong thing and ended up feeling like no help at all? It’s a feeling we can all relate to. When someone is suffering, sometimes it’s hard to know what to say or do. We offer sympathy, platitudes, or advice. In our attempt to quickly “make” someone feel better, we offer words that have the opposite effect.

In this session, Karen will introduce you to the five “Verbal Villains” that distort our good intentions to care for others. With humor and wisdom, Karen will share stories from her personal experience that highlight what to say and do to truly help a person who’s suffering.

**Session length:** 45 minutes – 1 hour

**Format:** Keynote, Retreat, Workshop, or Multi-Part Series

### LOVE THY NEIGHBOR: PRACTICAL ADVICE FOR CARING FOR OTHERS

Do you ever wonder what to say to a friend who has just been diagnosed with cancer? Or, what to do for a neighbor who is going through a divorce? Maybe you struggle with what to say in a funeral line? Or, how to help a teenager who is struggling? Even though Jesus tells us to love our neighbor who is suffering (Mark 12:31), we often avoid these uncomfortable situations because we do not know what to say or do. In this session Karen will share four practical “Caregiving Basics” which can be used in all caregiving situations.

**Session length:** 60 - 90 minutes, depending on amount of interactive activities chosen

**Format:** Retreat, Workshop, or Multi-Part Series

## OTHER PRESENTATION TITLES:

FINDING THE ABUNDANT LIFE IN UNEXPECTED PLACES

THE GIFT: A HOLIDAY MESSAGE

WISDOM of the WOUNDED . com

*Dedicated to supporting caregivers and those in need of care during a life crisis.*

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## ABOUT KAREN & HER MINISTRY

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We are all in relationship with someone facing difficulty—a divorce, a death, a child in trouble. Wisdom of the Wounded was founded on Karen Mulder’s belief that we can care well for one another in the midst of pain by sharing our stories. In her own life, Karen has found that those who have actually been in a crisis offer the best advice on how to help others walk through a similar experience. Her ministry helps people find the inspiration, knowledge and skills needed to “Care Well.”

Karen graduated in 1991 from Western Theological Seminary with a focus in pastoral care. She went on to publish *The Compassionate Congregation* with Ginger Jurries in 2002. In 2011, Karen began her Wisdom of the Wounded radio show which is broadcast to Christian radio stations throughout the United States. Through it

all, she’s hosted workshops and women’s retreats, written articles and shared stories with the desire to help people care for one another.

Karen lives in Holland, Michigan with her husband Larry. Her extended family includes two sons, two daughters-in-law, ten grandchildren and four great-grandchildren. She enjoys baking cookies with her grandkids, reading, going for walks and planning gatherings.

Karen’s passion is helping people of all ages connect with the calling to love your neighbor. She especially enjoys speaking at women’s retreats or groups with 35-80 attendees in an environment that is relaxed, supportive and allows for laughter, learning and fellowship.

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## EVENT ORGANIZERS

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Karen and Amy Carroll connect at Proverbs 31 “She Speaks” conference.

### YOU’LL APPRECIATE WORKING WITH KAREN:

*“Karen was a huge success at the Connections Retreat. Her presentation touched every heart; her warmth and compassion transmitted itself to the ladies from the very first moment.”*

–**Yvonne Duty** | Connections Women’s Retreat Leader  
DIOCESE OF SOUTH CAROLINA

### KAREN’S AUDIENCES LOVE HER WARMTH, HUMOR AND PRACTICAL TIPS:

*“Excellent speaker!”*

*“Very practical, applicable and inspiring. I believe I will be a more effective caregiver in the future.”*

*“Lovely presentations, very practical. Varied media and involved everyone - very helpful to build confidence.”*

*“Enjoyed everything about being a caregiver modeled in Jesus’s image.”*

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FOR MORE INFORMATION OR TO BOOK KAREN TO SPEAK, CONTACT:

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