

Karen Kunkel Young, Executive Leadership and Career Coach

Karen Kunkel Young is an executive leadership and career coach who helps creative leaders and senior executives take bold, strategic ownership of their careers. Named one of New York City's Top 15 Career Coaches by Influence Digest, she brings clarity, confidence, and direction to leaders navigating transition, visibility, and high-stakes decision-making.

Karen spent more than 25 years leading inside high-pressure creative organizations, producing and overseeing unscripted television for global brands including NBCUniversal, Warner Bros. Discovery, A&E, Netflix, and National Geographic. Her credits include iconic series such as Tim Gunn's Guide to Style, Project Runway, Tiny House Nation, Four Weddings, and Restaurant Stakeout. As Vice President of Programming at ITV America, she led more than 25 multi-million-dollar projects and worked at the center of complex, cross-functional teams where influence, communication, and executive presence were essential.

Today, through her coaching practice, Karen partners with executives, founders, and creative leaders at pivotal moments in their careers, helping them strengthen leadership presence, communicate their value with authority, and operate as the CEO of their own trajectory. She is a sought-after speaker on career ownership, executive visibility, and navigating change with intention.

Karen is a Certified Professional Coach (PCC) through the International Coaching Federation and a graduate of Boston University. Learn more at www.karenkunkelyoung.com.