

MEET KAREN SHANKER



Karen Shanker began her professional career as a licensed clinical social worker. She graduated with a Master of Social Work in 1992 from the George Warren Brown School of social work at Washington University. Her early career included psychiatric inpatient settings, alcohol and drug rehabilitation, primary and secondary educational settings and private practice with individuals, couples and families.

In 2010, Ms. Shanker transitioned into Nursing. She received her Bachelor of Science in Nursing at Maryville University in 2010 and her Master of Science in Nursing in 2015. She spent three years as a pediatric critical care nurse practitioner before transitioning into her current position, specializing in Otolaryngology in a large, regional pediatric hospital.

Ms. Shanker holds two national board certifications in nursing: The American Academy of Nurse Practitioners (AANP) as a Family Nurse Practitioner and the Pediatric Nursing Certification Board (PNCB) as a Certified Acute Care Pediatric Nurse Practitioner.

In July of 2018, Ms. Shanker began Lodestar's Trauma-Informed Leadership Coach training program. Part of a small initial cohort, it quickly became clear that her skill as a communicator and her passion for helping people lean into and then move beyond caustic stress and trauma, combined with her life's experiences both personally and professionally, positioned her to be a masterful coach for clients in any profession, with any goal set. She is both a valuable and highly valued member of the Lodestar Team.

Karen's blended family includes her husband, Doug, five children ranging in age from 10-20, and three dogs. She enjoys running, hiking, bird watching, photography and spending time with her family and friends.

