

Karen M. Grabow, Ph.D., LP

Karen Grabow is a consulting organizational psychologist with over thirty years of experience in strategic organizational effectiveness consulting, leadership development and executive coaching. She is the retired Senior Vice President of Business Development Services at Land O'Lakes, Inc. Her prior roles included Chief Human Resources Officer at Land O'Lakes, Inc., Vice President, Human Resources at Target Corporation and Vice President and Director of Organizational Effectiveness at Personnel Decisions, International.

Karen has a Ph.D. in Industrial/Organizational and Counseling Psychology from the University of Minnesota. She is a licensed psychologist in the State of Minnesota.

She has lectured at the Society of Industrial/Organizational Psychology Annual Convention, American Psychological Association conferences, Minnesota Professional Psychologists at Work, the Ag Retailers Association Annual Meeting, the National Council of Farmer Cooperatives Annual Meeting, Agricultural and Applied Economics Association, Purdue University, University of Minnesota, University of St. Thomas, Macalester College, among others.

Karen is currently an executive consultant with Navigate Forward and on the Boards of Directors of: Fairview Health System where she chairs the Human Resources Committee and serves on the Audit and Compliance Committee; Jewish Family and Children's Service—Minneapolis; The Northside Achievement Zone where she also Chairs their Friends of the Future community of support; and on the Advisory Board for Decision Pulse, Inc. Karen is President of Minnesota Professional Psychologists at Work and past president of the Blake School Board, the Minnesota Women's Economic Roundtable, and the Learning Works Advisory Board.