

Karen Reed

Karen Reed is an award-winning U.S. government professional with nearly 20 years of combined experience in human resources, senior administrative support, and contract administration. She has dedicated much of her time and experience to serving youth, particularly girls and young women. She has volunteered as a big sister with Big Brothers Big Sisters of America, and has also volunteered with 10–12 year-olds in children’s church. Karen has a Bachelor of Science in Social Science from the University of Maryland Global Campus.



As a visionary wanting to empower the next generation of female leaders, Karen founded Momentum Pathway, LLC. She was inspired to start the business after being inspired to help others after facing her own trials and life experiences. Momentum Pathway provides self-esteem coaching to young women between the ages of 12 to 18 years old. The organization holds classes that help empower these young women to be the best that they can be and to deal with the pressures that girls in this age group face.

To further advance her vision of empowering young women from a variety of backgrounds, Karen was inspired to write her debut novel, “What’s In Your Hand? The Game of Life.” The book deals with the real issues teens struggle with every day in their homes, schools, churches, social settings, and the deep crevices of their souls. It explores the hand dealt to five single mothers and their teen daughters including heartbreak, poverty, abandonment, depression, bullying, and trauma. Karen imparts godly wisdom that will help them avoid destructive decisions, find inner strength, identify deception, know who they are, build self-esteem, and succeed in life.

“What’s In Your Hand? The Game of Life” is available on Apple Books, Kindle, Amazon, Google Play (audiobook), and through local bookstores and major retailers.