

# **Karen Trujillo-Heffernan**

## **Facilitator and Trainer of HeartThread**

**Karen** is passionate about ensuring that every child on the planet is nourished: physically, spiritually, emotionally, mentally & financially. She has pursued this passion by nurturing herself and raising 4 boys with an open heart and a parenting style that allows for the best support of each unique child. She has over 30 years' experience in the early childhood development arena. Karen has been a State certified home daycare provider, preschool teacher, director and consultant. She graduated from Loyola Marymount University with a degree in Sociology. She continued her education by receiving certification in Early Childhood Development, Reconnective Healing, Sensory & Perceptual Motor Development, Accelerated Thinking Process, Family Coaching, HeartThread and Wee Yogi's Teacher. Karen holds a Child Development Program Director's Permit from the State of California.

Karen is the founder of [Surfin' Your Soul](#) whose mission is to strengthen the heart of family, one soul at a time. Karen shares her talents with educators and families as a family coach & healing arts practitioner. Her gift is approaching the heart & soul and addressing issues from this emotional and vibrational level. She currently moved from California to New Mexico to expand the family coaching practice as well as train facilitators in the HeartThread technique so that more teachers, parents, therapists and counselors have access to this powerful heart opening tool. Karen is known in her field for enhancing authentic communication, empowering others with self-help tools and reminding people of their full capacity to love themselves and others. She is currently traveling the world to share her work with families and invites you to contact her to set up visit in your hometown.

Karen is dedicated to ensuring that HeartThread is introduced, taught and offered in communities worldwide.

### **Karen's Contact Information:**

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