

Let’s TAWK about this thing we call LIFE....

All topics are open for discussion.

Bring your current expertise, experience, problem, or insight.

KNOW SOMETHING YOU WANT TO SHARE

Come as a professional sharing your expertise, experience, or insight.

HAVE SOMETHING YOU WANT TO DISCUSS?

Come with a current problem or question you want to discuss and gain perspective on.

Let’s address the pink elephant in the room.

No judgment. No bullshit. Just REAL TALK.

Guest inquiries: realtalkkarenstacy@gmail.com

Karen Stacy

YOUR HOST — REAL TALK KAREN STACY

I'm Real Talk Karen Stacy — Relatable, Filter-Free New York Media Personality, Podcast and Talk Show Host, mom, widow, and certified coach. I'm also THE REAL TALK COACH™.

I'm strong. I'm direct. I've got a huge heart — almost as big as my mouth. 😁

I've worn a lot of hats and lived a lot of life. From health, beauty and fitness to hosting events, radio, podcasts and talk shows — I've spent years connecting with people and having real conversations.

I've got the Bronx accent, the New York style, and the humor — you either love it or you don't.

I say what most won't.

Being truthful doesn't mean not being kind. I'll tell you what I see, question perspectives, and hold the mirror — without judgment.

Strong energy. Huge heart. Always REAL.

REAL TALK WITH KAREN STACY

We speak openly, without judgment.

The goal? To entertain you, give you a different perspective, and remind you that you’re not alone. We can agree to disagree. Everyone is allowed to think and feel what they do. ❤