REAL TALK

KAREN STACY

Relatable, Filter-Free New York Media Personality | Talk Show & Podcast Host

I say what most won’t. I hold the mirror.
No judgment. No bullshit. Just REAL TALK.....



ABOUT KAREN

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.

AVAILABLE FOR

PODCAST INTERVIEWS
GUEST SPEAKING
VIRTUAL EVENTS | COLLABORATIONS

WHAT I TALK ABOUT

WHO AM I?

Identity. Wearing many hats. Gen X. Adapting to life over 50.

RELATIONSHIPS, SEX, FAMILY—AND EVERYTHING IN BETWEEN

Real discussions about the things in life that aren’t always easy to talk about. Relationships, patterns, boundaries, fear, identity, and all the sh*t in between—that we call LIFE.

LIFE HITS HARD

Grief, trauma, divorce, identity shifts, burnout, parenting, and learning how to move forward when life no longer looks the way you thought it would.

PERSPECTIVE: MEN, WOMEN, MASCULINITY & FEMININITY

How men and women think and deal with things differently—and where we share similarities. Masculinity, femininity, the roles that get blurred, and what society says those roles should be.

CLARITY IS YOUR SUPERPOWER™

Learning how to see what’s really happening beneath the overwhelm, emotional chaos, survival mode, and constant overthinking.

LET’S CONNECT

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Karen Stacy

THE REAL TALK COACH™

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. ❤