

# Karen Lynn-Chlup

I N S P I R I N G   P E O P L E  
W I T H   C E R E B R A L   P A L S Y



## ABOUT ME AND WHY I DO WHAT I DO

I know first-hand the struggles of living with a disability. I was born a happy, healthy baby, but a reaction to a DPT shot gave me cerebral palsy. Yet I've lived a successful, rich and fulfilling life. The doctors thought I would never walk, but I learned to dance and taught dance and fitness for years. The doctors thought I would never read, but I graduated college with an AA with Honors in English and wrote a prize-winning novel. The doctors thought I would never speak, but I have advocated for people with disabilities since I was an Easter Seals poster child, and my successful lawsuit against the State of California opened the doors to education for people with disabilities all over America.

## ONE OF MANY RAVE REVIEWS

### **Keynote Speaker, 25th Anniversary San Diego People First Self-Avocacy Conference**

Karen... was invited...to serve as the Keynote Presenter for the 25th anniversary San Diego People First Self-Advocacy Conference...She was the committee's first and unanimous choice...

From a logistics and event planning perspective, she was a complete joy to partner with! ... Below are just a few of the comments and quotes from...participants, planning committee members and San Diego People First membership:

She is an excellent speaker!...Not only was her personal story beautiful and inspirational, but she was also able to give us something to take with us and to apply in our own lives!...appreciated that Karen and her husband stayed involved in the whole weekend – she took the time to get to know everyone and was genuinely interested in understanding what we are all about....Fantastic public speaker with an amazing story – AND a truly good and caring person. What a wonderful combination!...Karen's adaptive fitness workshop session was the...highest ranked workshop of the 7 breakout sessions...

— Laura Krebs, United Cerebral Palsy

I F K A R E N   C A N   D O   I T  
Y O U   C A N   D O   I T   T O O !

# Karen Lynn-Chlup

ADVOCATING FOR  
PEOPLE WITH  
CEREBRAL PALSY



## KEYNOTE TOPICS

### **Empowerment, Self-Belief, and Overcoming Negative Perceptions are Karen's Topics**

*For people with disabilities and those who help them*

Karen personalizes each talk so she speaks to the real needs of her audiences of professionals, students, community support workers, and people with disabilities—especially those who have CP and dyslexia, like her.

Her audiences come away feeling motivated and inspired to never take no for an answer. By relating to Karen's experiences, challenges, and triumphs they develop a new belief that they too can achieve great things in their own lives. They take away affirmations and actionable techniques to make their dreams into reality.

Karen says, "Be steadfast. Take baby steps. Learn to be dependent on yourself and interdependent with others."

## REFERENCES

Dr. Sean P. Dineen, Kean University  
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## GET IN TOUCH

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## FEATURED SPEAKER FOR THESE AND MANY OTHER ORGANIZATIONS



TELL ME I CAN'T!  
I'LL SHOW YOU I CAN!