

1:- Who are you and what's your business?

I am Karen Greenfield and I have a small business called Golden Heart Gifting. I sell good quality gifts, seasonal items, home & decor, garden decor, melters and lots more.

2:- Why did you start your business and when?

I started my small business at the beginning of 2023. A year later then planned as I fell pregnant unexpectedly in 2022. I started my small business from home due to me having a lot of long term chronic health conditions and because of those I am unable to work a normal job. So, to help us financially I started Golden Heart Gifting. I sell only online as I can't do in person events due to my health either.

3:- What are your strengths and weaknesses in life or business?

My strengths in life and business are that I am kind, caring, honest, helpful, thoughtful trustworthy and strong. Added strengths in business are my customer service, my range of products that I source. My weaknesses in life and business are my health, that I don't believe in myself, that I take things to heart, i am too trusting and i worry to much.

4:- What makes you unique in this world?

There is only one person like me with my body, my personality, my strengths, my weaknesses, my accomplishments and my failures.

5:- What is your greatest achievement? Personal or Professional? My greatest achievement personally is my son. I fell unexpectedly pregnant at 41 years of age. Even though it was a difficult pregnancy with a lot of monitoring and trying to keep my sugar levels as low as possible with injecting insulin, medication and watching what I was eating for my gestational diabetes. Our son was thankfully born without any complications that are common with gestational diabetes due to me keeping my sugar levels in check as much I could during the entire pregnancy and he was healthy and absolutely perfect. Our little miracle.

Business: that golden heart gifting has grown above my expectations in its first year. That my customers are happy with my customer service and I have a lot of returning customers too. That I get a lot of positive reviews which helps my confidence and belief in myself and in my small business.

6:- What is your motivation in life?

My motivation in life is my little family. My adorable 17 month old son and my amazing hubby.

7:- What is your end goal?

For myself: that my mind thinks positively. Doesn't worry all the time. That I feel happier in my own skin and that I don't think people are judging me. That I feel more grounded and proud of myself. That I find a routine where I have more family/business balance.

Business wise: as above to find more a balance between family and business. That Golden Heart Gifting keeps growing. So, that we become more financially secure.

8:- What's been your greatest challenge and how did you overcome it?

When my ex-husband left out of the blue after our 21 year marriage. Needing to start totally from scratch again. I overcame it by being strong, by mostly just relying on myself with only the support of a couple of friends in this country and my grandmother in Belgium (where I originally

come from). By learning and using that information. By not giving up even though I sometimes wanted too.

9:- What is your learning style?

Visual, Practical? On the Job? Written?

When I was at school my learning style was written. Now it is by seeing it done and/or written too.

10:- If you could do anything or go anywhere in life what/where would it be?

I would love to own our own family home and be financially secure.