



Karen Wood
President
Knock on Wood Communications + Events
613-236-8452
karen@kowpr.com

The founder and President of Knock on Wood Communications + Events is a highly respected media relations and event management professional with over twenty years of hands-on experience in hospitality, entertainment, non-profit and event marketing, concept development and project management. Karen holds a degree in Hospitality and Tourism from Ryerson Polytechnical University and began her career in hotel sales and marketing at Toronto's Royal York Hotel and the Four Seasons Hotel in Vancouver. Karen launched Knock on Wood in 1998.

Her professional and business reputation earned her a spot as one of five finalists of the Women's Business Network Businesswoman of the year (2004); a Forty under 40 accolade from the Ottawa Business Journal (2002) and profiles in the Ottawa Citizen; Ottawa Life Magazine, Where-Ottawa, Ottawa Sun and Capital Style Magazine. Karen is regularly consulted by local media for informed commentary on Ottawa's vibrant hospitality and entertainment scenes. Karen presently sits on the Board of Directors of the Snowsuit Fund and has been co-chair of that organization's gala committee for the past three years. She is also a steering committee member for United Way's Kindness Week.