

2026 Setting the Pace

Speaker Information Form



Karyn Treval MSN, MBA, RN, NE-BC, CEN

Speaker(s) Biography.

Karyn Treval is the Assistant Vice President for the Metro Region at Northwell Health and a highly respected healthcare leader with more than 15 years of progressive leadership experience. Beginning her career as an Emergency Department nurse and emerging as a leader from the ED, Karyn brings the foundation of emergency nursing and leadership into every aspect of her work. That ED perspective continues to influence her approach to operational excellence, patient safety, and quality outcomes across complex, multi-site healthcare environments. In her current role, Karyn leads large-scale operations with a focus on strategic alignment and organizational performance, while fostering strong, collaborative relationships across disciplines. She is deeply committed to developing leaders, strengthening teams, and creating cultures where innovation, accountability, and compassion thrive. Known for her authentic leadership style, Karyn consistently drives meaningful process improvements that enhance both the patient and team member experience. Her work reflects a steadfast dedication to advancing healthcare delivery through purpose-driven leadership.

2026 NYSENA Setting the Pace Conference Presentation

Leadership: Insight, Experience, and Influence

A dynamic career panel exploring what it takes to lead effectively today. Hear firsthand stories of career growth, resilience in crisis, and the skills essential for advancing to senior leadership. Learn practical strategies for mentorship, networking, and sustaining personal balance while guiding others. Gain insights into navigating challenges and making intentional leadership choices. Walk away inspired with actionable steps to shape your own leadership journey.

Learning Objectives.

Analyze strategies and skills senior leaders use to advance their careers and navigate transitions from bedside to leadership roles.

Apply practical approaches for resilience, crisis leadership, mentorship, and professional networking to participants' own leadership contexts.

Develop personal action plans to sustain well-being, intentional decision-making, and growth while leading others effectively.

References.

Singh PK, Singh S, Kumari V, Tiwari M. Navigating healthcare leadership: Theories, challenges, and practical insights for the future. *J Postgrad Med.* 2024 Oct 1;70(4):232-241. doi: 10.4103/jpgm.jpgm_533_24. Epub 2024 Dec 11. PMID: 39660574; PMCID: PMC11722716.