



Christina Swartz, PCC

Christina works with leaders at all levels to improve their leadership effectiveness, find fulfillment and achieve their goals. Growing up, Christina aspired to become an archeologist and later pursued an education in psychology. Today, she passionately applies her lifelong curiosity and interest in people to all of her engagements. Her strong desire to help others

enables her to gently remove layers in conversations and relationship dynamics until hidden treasures are brought to light. As a keen seeker and explorer of strengths and potential, Christina believes that her clients already have what it takes to reach their goals. She is dedicated to helping them rediscover, embrace and effectively apply their unique experiences and expertise in a truly authentic way. With her support, clients are able to clearly see their own potential, trust themselves more and shift their mindsets to see new possibilities in difficult situations. Striking a good balance of support and challenge, Christina helps clients take new action so that they get new results and move more quickly up the learning curve. Some examples of coaching topics that Christina supports her clients with include:

Setting Boundaries and Saying, “No”	Improving Communication
Dealing with Overwhelm	Time Management
Improving Work/Life Balance	Managing Up
Overcoming Imposter Syndrome	Career Clarity
Executive Presence	Increasing Confidence

Prior to becoming a coach, Christina had careers in education where she began as a teacher and later as the owner and director of a private school in Virginia. Before that she worked in the airline industry where she held many leadership roles such as the Department Head of Customer Service for a major airline. Christina knows from experience the challenges that many leaders face and how lonely it can be at the top. She understands that growth and development are a process and can be even more effective with the support of a coach.