



## Christine Watkins Davies, MA, PCC, CDWF



### Coaching, Facilitation and Consulting Experience

As a coach, Christine helps clients be their best selves and see what is invisible to them. This is essential in identifying what is blocking progress toward individual or organizational goals and elevating their level of leadership. By improving self-awareness skills, Christine's clients are also able to improve their communication, generate more confidence and empowerment, and gain a better understanding of those they lead.

Christine uses her background in human development and therapeutic principles when coaching and facilitating. Her clients have repeatedly shared that her sense of humor, accessibility, and approachable nature have fostered an authentic and meaningful relationship even when faced with incredible personal and professional challenges.

As a Certified Enneagram Coach® through the Enneagram in Business program, as well as a Certified Conflict Coach, Christine uses these assessments and skills to recognize and understand patterns in human behavior. This insight allows her to create greater clarity understanding and bandwidth for leaders, helping them to become aware of their attention biases and perspectives as they work with and lead others.

The cost of stress in organizations was the impetus for Christine in creating and delivering workshops on stress reducing mindfulness practices through her Mindfully Aligned mindfulness workshop. This experiential workshop introduces mindfulness practices to organizations and teams that are looking to improve morale, increase productivity and develop cohesiveness in teams.

### Business / Organizational Leadership Experience

Christine has worked in a variety of business organizations coaching and facilitating leadership programs and workshops for high potential leaders, teams, and organizations. She has facilitated leadership development with a variety of organizations in the fields of high-tech, construction, aerospace engineering, medical, and educational, as well as a several non-profit organizations. She has also worked as an executive coach to senior leaders who are in transitional roles, want to accelerate their current level of leadership, desire a stronger presence and personal brand, or improve their team building, communication, and decision-making skills.

### Education and Training

Christine completed her M.A. in Contemplative Education and Mindfulness Practices degree from Naropa University in 2016. Christine also holds a B.A. in Occupational Therapy from St. Catherine's University.

Christine is a certified Integral Coach® through New Ventures West and through the International Coach Federation since 2014. She is a certified Enneagram in Business Coach (Advanced) through the Enneagram in Business and serves as a Senior Enneagram in Business Network member through the Global Enneagram Network. She is a Certified Daring Way Facilitator (CDWF) and a Certified Dare to Lead™ Facilitator with Dr. Brené Brown. She is a Certified Conflict Coach through Common Grounds Mediation & Coaching, LLC. Christine is also a certified practitioner of the Myers-Briggs Type Indicator.