



Christina Swartz, PCC

Background

Christina has more than 12 years of experience working with leaders in organizations as a consultant, coach and facilitator. She works with leaders at many levels to include emerging leaders and middle managers in government organizations, the private sector and non-profits. She provided consulting services for many years prior to expanding her offerings to include leadership coaching to individuals and organizations more recently.

Prior to establishing an independent coaching and consulting practice, she founded and ran three businesses over a period of 12 years, each of which was focused on supporting the growth and development of others. Today her coaching work focuses on individuals and teams to increase their effectiveness and help them move more quickly up the learning curve. Representative coaching topics include clarifying the client's personal brand, improving their executive presence, setting boundaries, dealing with overwhelm, managing their time more effectively, career transitioning and planning, increasing confidence and leadership capacity. With her support, clients are able to take steps outside their comfort zone and move in the direction of their goals.

Education

Christina has always been interested in understanding others and how they learn and grow. This led her to pursue an undergraduate degree from the University of Mary Washington where she earned a Bachelor of Science degree in Psychology. Before and during her career as a teacher she also completed graduate courses in education. Christina received her coach training and certification through Georgetown University's Leadership Coaching Program.

Experience

Prior to becoming a coach, Christina had careers in education where she began as a teacher and ultimately was the owner and director of a private school in Virginia. Prior to her career in education, she worked in and held many leadership roles in the airline industry. Among them was her tenure as Department Head of Customer Service at the Dulles hub of a domestic airline. Christina knows from her own experience as a leader in a number of different settings 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. Her experience as a business owner and managing other managers at various levels as well as a workforce of hundreds of union employees has prepared her well to work with leaders and emerging leaders in a variety of organizational settings.

Certifications

Christina is a member of the International Coach Federation (ICF) and is certified as a Professional Certified Coach by that organization. She is also certified in a number of assessment instruments including the Leadership Circle Profile.

Accomplishments

Christina is the Co-Director of Leadership Fauquier's Coaching Program. Which pairs ICF coaches with local leaders in Fauquier County Virginia.