



Christina Congleton

Senior Consultant

Christina is a PCC executive and leadership development coach, a Certified Integral Coach since 2006, and a small group facilitator. She takes a whole-person and systems-aware approach, helping clients gain understanding, practice skills, and develop qualities that bring out the greatness of their unique potential. She is particularly passionate about working with leaders in sustainability and regenerative approaches.

Christina is recognized for her empathy and adaptive approach, creating space for clients to explore and grow at their own pace. Specializing in vertical development, she enhances leaders' complexity intelligence and transformational capacity. Certified in tools like Hogan Assessment, FIRO-B, Workplace Big Five, Myers-Briggs, and Benchmarks 360, Christina has worked with leaders across government, military, multinational corporations, retail, and tech start-ups. Her coaching spans from C-Suite executives to emerging leaders.

Christina began her career in brain imaging research and has co-authored scientific papers on the neuroscience of meditation and stress. She has written for *Fast Company* and *Entrepreneur*, and her co-authored *Harvard Business Review* articles "Emotional Agility" and "Meditation Can Literally Change Your Brain" have been reprinted in multiple books and magazine issues. She contributed chapters to *Beyond Goals: Effective Strategies for Coaching and Mentoring*, and published *Getting Over Ourselves: Moving Beyond a Culture of Burnout, Loneliness and Narcissism* with Wiley in 2023.

Christina holds a Bachelor's degree from Oberlin College and a Master's in human development and psychology from Harvard University. She lives outside Denver, Colorado, where she enjoys hiking and spending time with her family and animals. She has been a committed spiritual practitioner for many years, primarily as a student of the Diamond Approach.

"I have had many coaching experiences, but nothing compares to the time spent with Christina. I can't imagine how many people have Christina to thank for improvements in their life and work."

— Alastair Child, Chief Sustainability Office, Mars Snacking