

*Christine V. Walchuk
Training & Development
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Christine Walchuk is an independent consultant specializing in training and program development. She brings over 30 years of experience in corporate settings as well as higher education.

Chris began her career in the field of Career Planning and Placement in a University setting. She spent five years providing career counseling, developing and presenting group workshops on career-related issues and managing student internships. The next eleven years were spent in a corporate setting in a variety of Human Resource Management positions. These experiences provided Chris with extensive training opportunities focusing on leadership and management development, team building, group facilitation, performance management, coaching and counseling, diversity, communication and presentation skills. Her positions afforded her the opportunity to work with all levels, from entry level hourly employees to senior management. Chris is a DDI (Development Dimensions International) Certified Master Trainer and a Qualified MBTI Administrator.

For the past 20 years Chris has worked as an independent consultant on Training and Development projects for a variety of training and EAP organizations including; Lifecare, Balancing Life's Issues, Ceridian Lifeworks, Cigna Behavioral Health, Anthem, Aetna, Horizon, Optum, Humana, Value Options, Workplace Solutions and American Management Association. She has presented seminars and training programs for their many clients including Non-profit agencies, Universities, Healthcare facilities, Government Agencies and a large number of Fortune 500 companies. Many of her recent projects have focused on the area of Work/Life Balance, Planning and Organizing, Time Management, Stress Management, Change Management, Communication Skills, Emotional Intelligence, Resiliency, Positive Psychology, Parenting, Health and Wellness and many others.

Chris attended Fordham University in New York where she received a Bachelor of Science in Psychology and a Masters of Science in Education with a specialty in Counseling.