

Christine V. Walchuk

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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. During her five years there, Chris provided career counseling to undergraduates, graduate students and young alumni. She also developed and presented group workshops on career-related issues, including Resume Preparation, Career Exploration and Effective Interview Skills. Chris also managed 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, conflict resolution, diversity, sexual harassment, communication and presentation skills. Her positions afforded her the opportunity to work with employees at all levels of the organization from entry level hourly employees to senior management, both at the corporate headquarters as well as field locations. Chris provided counsel to management personnel in dealing with employee relations and performance issues, and assisted groups in sharpening their team building skills, including during a plant start-up.

For the past 17 years Chris has worked as an independent consultant on training and development projects for a variety of training and EAP organizations. She has presented seminars and training programs for their many clients, including a large number of Fortune 500 companies, non-profits and government agencies. In addition to the topics listed above, Chris also expanded into the areas of Work/Life Balance, Employee Engagement, Time Management, Stress Management, Change Management, Conflict Resolution, Emotional Intelligence, Resiliency, Positive Psychology and others.. Chris has instructed courses through a College Adult Education Program and has also provided individual Career Counseling. Her true passion is assisting individuals navigate life's challenges and to be the best they can be.

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. Chris is a DDI (Development Dimensions International) Certified Master Trainer, DDI Certified Instructor in Interaction Management and Targeted Selection and a Qualified MBTI Administrator.