



Christine M. Allen, Ph.D.

Workplace Psychologist Executive Coach
Leadership Development Talent Selection
Team Building and Coaching Speaking

Dr. Christine Allen, President of Insight Business Works, Inc., is a highly experienced executive, leadership and team coach. A psychologist with a background as a clinician, Dr. Allen is an excellent and astute listener who quickly grasps the underlying issues that leaders and teams struggle with.

She excels at helping leaders and teams discover strengths and accept and utilize feedback. She helps teams fulfill their purpose and achieve the organization's goals through improved communication, collaboration, and conflict resolution.

Other areas of expertise include helping leaders develop executive presence, emotional intelligence, resilience, and workplace wellbeing. Dr. Allen specializes in systemic team coaching, an approach that amplifies success by considering the organization's stakeholder system.

As a psychologist, she is particularly skilled in using assessments for development, as well as for selection and hiring of senior leaders. She has coached hospital CEOs and other senior executives, as well as academic and administrative leaders at the SVP, VP, and Director level.

Dr. Allen is based in Syracuse, and gives workshops, keynotes and executive coaching sessions across the country.



Chris is extremely skilled at understanding human behavior and applies her expertise to her work as a coach, trainer, and speaker. Chris recently completed a coaching assignment for NBT and did an outstanding job.

- William Butcher
SVP/Director of Organization Development, NBT Bank

Industry Experience

Healthcare and Hospitals
Higher Education
Banks and Financial Services
Engineering and Research

Credentials

Ph.D., Psychology
Pennsylvania State University

Member
The American Psychological Association

- Society of Industrial and Organizational Psychology
- Society of Consulting Psychology

Coaching Certifications

- ICF-ACC, CCE-BCC
- Systemic Team Coach Practitioner
 - Global Team Coaching Institute Faculty
 - Senior Practitioner (in training)
 - Team Coaching Supervision (June 2023)

Assessment Certifications & Tools

- Hogan Advanced Interpretation
- Workplace Big 5
- MBTI, DiSC, PeopleMap™
- EQ-I 2.0
- Immunity to Change