



## 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 Team Coaching
  - Team Coaching Supervision

### Assessment Certifications & Tools

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