



Christine Marie Quigless (english-only) has enjoyed a life-long devotion to empowerment at the personal and group levels. She applies the International Coaching Federation's Eight Core Competencies to 1:1, Team, and Group Coaching programs to emphasize awareness of the wholeness, creativity, and resourcefulness that can empower the individual, team, or group toward greater effectiveness in their sphere. Christine Marie Quigless' training specifically targets event-centered interventions and uses the "problem-to-solution model" to holistically create impactful next steps and actions. One of her greatest passions is the implementation of her programs that leverage the four phases of the menstrual cycle (for people who currently menstruate or have menstruated in the past) in order to encourage quality results in the Agile Working Model. Her innovative, energetic, and enduring commitment and faith to activating a company's mission, within its employees at every level, make her a favorite with Start-Ups, Small Businesses, and companies orienting toward new beginnings.

arowa main areas of work

Training & Seminare

Personality typology, time & self-management, communication & conflict management, leadership development, leadership, creativity, presentation, sales, customer service, team, rhetoric, international training workshops, intercultural communication

Business Coaching

Individual and team coaching, train the trainer, coaching for performance & selfmanagement

Personnel, training & strategy development

Self-Leadership, fine-tuning english-language communication for the workplace and in specific areas (Marketing English vs Finance English, etc), competences of agile lifestyle, raising your own energy level with self-empowerment, resilience under pressure and stress, intuition training

CV & Qualifications

- Freiberufliches Teammitglied der arowa Trainingsagentur
- Coaching education
- Personal development
- 20+ years experience of 1:1 Breakthrough Coaching
- 200-hour Yoga Teacher Training Certified
- Many years experience in Small Business Management
- Copywriting
- Online Course Creation (6+ Courses)
- Practical Knowledge in Sales
- Creator and developer of online workshops for the workplace
- Creator and developer of 12-Week Breakthrough Processes
- Creator and developer of Multi-Day Personal and Team-based Retreats
- Fluent American English speaker and writer (Native English Speaker)