

# Insight on Coaching – Guest Bio

*Christine M Gilmore, CPCC*

## Introduction

Christine is a Professional Certified coach. Her business focuses on two main areas: inter-cultural coaching and training, and physicians/their spouses. She is passionately committed to supporting executives and their 'trailing spouses' as they experience an ex-pat assignment. Christine believes that you can live your best life no matter where you find yourself in the world. She is particularly passionate about the 'trailing spouse', who many times, has had to give up his/her own life to follow their executive spouse to the new assignment, and who has to recreate his/her life from scratch after their spouse has gone to the office and once the boxes have been unpacked.

## Experience

Christine has been coaching for almost 20 years. In the UK, she worked for the British government (Ministry of Defense) for 13 years and was the British liaison on two politically sensitive US bases in the UK, providing inter-cultural training and coaching to the US commander and American base personnel. She is currently a trainer and coach to executives for many Fortune 500 companies as they prepare for their overseas assignment, and as they arrive in the new culture.

Some of her roles have included:

- Development of British-American intercultural program, DoD, Fort Meade, MD
- Inter-cultural trainer/consultant for IOR Global Services; Youth Trainer and Consultant for Prudential Intercultural
- Board member, DoD/MoD British-American Committee (UK)
- Cultural Orientation facilitator

## Education

- CTI, Organization and Relationship Coaching series
- CTI, Core Coaching Curriculum and Certification
- BA Honors, University of Newcastle upon Tyne, England, UK
- Post Graduate Diploma, University of Sunderland, England, UK

## Professional Affiliations, Publications and Recognition

Christine is active in the professional coaching industry both as a member of the ICF, Coaches Training Institute community, and as a speaker/workshop facilitator.

- Member, International Women's Association; Member, International Coach Federation; Member, Chicago Coach Federation; Organizer, Healthcare Niche, Coaches Training Institute
- American Medical Association Alliance, Leadership Development Conference: speaker/ facilitator, 2003, 2004; American College of Physician Executives, Spring Meeting, Boston: workshop facilitator, 2005
- Recipient of the US Ambassador's Award for Outstanding British-American Relations Program – 4 times
- Recipient of Department of the Army Commander's Medal for Civilian Excellence - 1999