



CHRISTY LOCK

TALENT DEVELOPMENT
CONSULTANT & COACH

Adaptability


Positivity


Woo


Empathy

Strategic

 christy.m.lock@gmail.com

 334-202-5210

 4405 N. Artesian Ave
Chicago, IL 60625

 26802 Perdido Beach Blvd
Orange Beach, AL 36825

BIOGRAPHY

Talent development consultant and certified Strengths Coach, Christy Lock, has a passion for helping individuals and organizations leverage their talents to enhance performance and discover untapped potential.

Christy received a bachelor's in communication and a master's in higher education administration at Auburn University, as well as a master's in instructional design and development at the University of South Alabama. She has been coaching and supporting the professional growth of others since 2009.

Early in her career, she experienced workplace challenges that forced her to evaluate her knowledge, skills, and abilities. Instead of feeling stuck or undervalued, she had to shift her mindset and viewed any challenges she experienced as opportunities for growth. She embraced her talents to manage changes and worked to embrace her talents and turn them into strengths. Throughout her career, she has looked back on those experiences as motivation to lean on her strengths whenever she felt out of her comfort zone.

Christy has spent much of her career coaching students, faculty, and staff in higher education settings. In doing so, she found a love for instructional design, strategic solutions, and the ability to support others through transitional challenges--turning challenges into opportunities. Today, she works with corporate talent development to help organizations embrace the gift of human capital and enhance performance.

She believes there is a strong connection between who people are and what they do best, what people do best and how they feel, how they feel and how they perform. When people better understand their potential and their path forward, they can increase innovation, productivity, engagement, and overall well-being.

EDUCATION & TRAINING

University of South Alabama

MS Instructional Design & Development
Human Performance Improvement Certificate

Auburn University

BA Communication
MEd Higher Education Administration

Gallup

Certified Strengths Coach