



Christiane Drew

**SPEAKER, FACILITATOR,
CERTIFIED PROFESSIONAL
LIFE & MENTAL HEALTH COACH**

CONTACT INFORMATION

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EVENTS

IAAP - International Association of
Administrative Professionals
ABWA-LAEN - American Business
Women's Association - Lancaster
Wanderful - Women's Travel
Community
Women's Expo - Lancaster County
Professional Women's Forum - WIB
Lancaster Chamber of Commerce



About Christiane Drew

Chris Drew is a multifaceted professional who combines her roles as mother, wife, designer, teacher, and coach with a deep commitment to empowering others to live their best lives. Her authentic, energetic approach inspires people to take meaningful risks, pursue their passions, and prioritize their well-being. Having lived in four countries, Chris brings a unique global perspective to understanding life's transitions. As a certified mental health, life, career, and executive coach with PCC accreditation from the International Coaching Federation and NLP Practitioner certification, Chris operates from the philosophy that it's never too late to redesign your life or unlock your full potential. Through intentional growth strategies, Chris helps individuals transform their aspirations into reality.

Speaking and Workshop Topics:

Knowing Your Self Worth and Setting Yourself Up for Success

This results-driven workshop empowers professionals to recognize and own their value in the workplace. Participants will explore how self-worth directly impacts performance and promotion potential. Through practical strategies and mindset coaching, the session helps individuals identify their unique strengths, as well as the steps to confidently pursue their goals and position themselves for advancement.

From Inner Critic to Inner Leader: How to Work With Your Mind, Not Against It

In this transformative workshop, participants will learn to shift their relationship with their thoughts by understanding what the mind is really doing when it gets critical, rigid, or anxious. We'll explore how to work with the Inner Critic and invite the Inner Leader to take the wheel. Attendees will gain tools to work with the mind, reframe limiting thoughts, and lead their lives from a place of clarity, confidence, and intention.

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Rewriting Your Inner Narrative: Transforming Self-Doubt into Self-Confidence

This workshop addresses the internal barriers that sabotage professional success in key moments like presentations, negotiations, and career advancement opportunities. With evidence-based techniques participants will learn to decode common mental traps and rewire them as constructive and discover how your core values can become your confidence foundation, and develop practical tools to silence imposter syndrome for good.

From Scattered to Strategic

This is a refreshing take on time management that moves beyond endless to-do lists. Participants will explore how to shift from reactivity to intentionality by aligning their time with their core values and goals. They'll learn practical tools to manage their schedule from a place of clarity, build boundaries without guilt, and approach productivity in a way that feels purposeful, not pressured.

Communicate to Create Results

This practical and transformative workshop helps participants develop the communication skills needed to build trust, express themselves clearly, and achieve results—without triggering unnecessary conflict.

Participants will explore the three core communication styles and learn how to communicate in a direct, respectful, and effective way. This session gives individuals the tools to speak up, set boundaries, and collaborate with confidence.

Embracing Change: Navigating Life's Transitions

In today's rapidly evolving landscape, change isn't optional—it's constant. This workshop equips participants with proven strategies to not just survive transitions, but leverage them for personal and professional growth. From career shifts to personal pivots, participants will learn practical tools and mindset strategies on how to reframe uncertainty, build emotional agility, and turn life's turning points into launching pads. They'll leave with a renewed sense of clarity, purpose, and the confidence to navigate transitions in any area of life or work.

This was motivational towards adjusting my behaviors to achieve my goals!

*Knowing Your Worth
3/14/22*

It was very valuable! The lessons I learned I can apply to other areas of my life.

*Laurie Benson
Crush Your Fears
7/25/22*

In each interaction, she brought such a calming presence and again fostered space for authenticity and vulnerability.

*Rhiannon Volpe
Key to Confidence
12/20/22*

*Chris has been very helpful on my lifelong issues with self-confidence... I don't need validation from anyone else!
Thank you Chris!*

*Charlotte H.
Rewriting Your Inner Narrative
3/26/23*

I thought, "Who is this person full of energy and so much to share?!" It was great.

*Tessa B.
Navigating Life's Transitions
3/26/24*