

Chris Garvin Coaching

I create a space where people can take a breath and think clearly. A coaching partnership with me isn't about chasing the next rung – it's about growing into the person who belongs there.

Who I Serve

My ideal client is someone who feels the quiet pull of a next chapter. They have pursued meaningful things and are ready for more, though not in a loud or forceful way. Their growth is motivated by intention, alignment, and a deeper sense of fulfillment. They want to explore what's possible with clarity and purpose rather than pressure.

These clients are capable and self-aware, but sometimes unsure how to turn their ideas into movement. They value having space to pause, reflect, and make steady, confident decisions about what comes next.

They are often:

- Stepping into or refining a leadership role
- Expanding their scope of influence and responsibilities
- Navigating a significant personal or professional change
- Seeking a more integrated, fulfilling and purpose-filled way forward
- Ready to expand their impact while staying true to who they are

Above all, my ideal clients are ready to evolve. They want progress that feels healthy and human, success that doesn't cost them what matters most, and a path forward that fits who they are becoming.

What They're Navigating

- A sense of "I know I'm ready for more... I just need to define it"
- Doubt or hesitation when stepping into bigger leadership shoes
- Trying to balance ambition with real-life priorities
- Feeling they must appear confident even when they're still figuring things out
- A lack of space for honest internal conversations amid constant demands

They aren't stuck because they're failing – they're stuck because they're becoming someone new.

What Coaching Unlocks

Through thoughtful conversation and strategic reflection, clients gain:

- Clarity on the future they are truly aiming for
- Confidence that is earned, not faked
- Alignment between actions, values, and identity
- Practical next steps that feel doable and energizing
- More resilience and calm while navigating change

They move forward with a stronger sense of direction and a deeper trust in themselves.

Why Work With Me

I help people grow without losing themselves. My coaching style brings:

- A calm and grounded presence that creates room to think
- Genuine curiosity that reveals insights hiding in plain sight
- Respect for the whole person: the leader, the human, & the relationships that matter
- A blend of encouragement and challenge that leads to real movement

Clients consistently say they feel seen, supported, and strengthened through the process. I'm not here to push anyone to perform harder. I partner with clients to rise with intention and become the leader they are meant to be.