



## **Christina Carlson**

**Founder and CEO**

**Unstuck: Leadership Training & Development  
Regina, Saskatchewan**

Christina Carlson is the founder and CEO of Unstuck: Leadership Training & Development. She creates a unique pace to guide you to become unstuck through collaboration, creativity, and applying inspired agility in leadership research and modern business practices. In typically working with Fortune 500 companies globally, she finds personal success in projects that help people actively connect their complex ideas to their company's values while broadening their behaviour, mindset, and perspectives. By applying research and scientific practice through a creative mindset, she is able to unstick people from their current ways of working and help them move to the next evolution of their leadership growth. Christina is a certified 360 Leadership Agility Coach, a Certified Agility Leader, a Lean Six Sigma Blackbelt, and an experienced project leader. For the last 15 years, she's proven herself as a facilitator for healthcare, oil and gas, mining, and pharmaceutical industries as well as local small businesses. She holds an honours B.Sc. degree (with a fine arts minor) from the University of Waterloo in Ontario. With her family, Christina loves exploring her community, going on big travel adventures, and camping. For herself, she enjoys creating (knitting, painting, and drawing), learning, and planning the next adventure.