

Christa is a leader with a proven track record of designing, facilitating, and scaling learning experiences that inspire and equip participants to transform themselves and their communities. For over twenty five years, Christa has provided experiential training in peace education and equity-informed social-emotional learning to thousands of educators, changemakers, and organizational leaders in social service sectors. Prior to joining Garrison, Christa was Senior Trainer and Instructional Content Developer for The SEE Learning Program at The Center for Contemplative Science and Compassion-Based Ethics at Emory University. At the Center, she translated the latest research on contemplative science and resiliency into practices to improve well-being. She also designed and facilitated workshops in Europe, Asia, and North and South America, and led a crises response to support SEE Learning affiliates in Ukraine.

Christa is coauthor of [Create a Culture of Kindness in Middle School](#), and creator of the Feel & Deal Activity Deck (reviewed by Dr. Ekman), the Upstander Workshop and The Peaceful Schools Institute. Her early career included direct service work with adjudicated teens, domestic violence survivors, children experiencing loss, and students with disabilities. Later, she established a PeacePraxis, consulting practice that focused on training adults and organizations to help them build their programmatic capacity to work for the social good. Christa is a long-time mindfulness practitioner and holds degrees in Psychology and International Peace Studies and Conflict Resolution, as well as professional certifications in mediation, equity literacy facilitation, intergroup dialogue, emotional intelligence leadership coaching, crisis intervention, and trauma-informed resiliency. Her vision for the future is a world in which every person is equipped with the attitudes, knowledge, skills, and supports they need to live together in justice, joy, health, and peace.