



Christy Abele

Leadership coach, communication consultant, and facilitator
Lange International

Christy is a leadership coach, communication consultant, and facilitator who is committed to creating lasting transformation in her clients. She excels in helping executives find their unique voice and confidently navigate high-stakes communication moments. Clients partner with Christy to enhance their leadership communication skills, focusing on executive presence, audience connection, and creating clear and memorable messages.

Christy holds a master’s degree in organizational leadership from Gonzaga University and is a certified coach with the International Coaches Federation (PCC). She has lived and worked in Spain and Mexico City and is fluent in Spanish. Before joining Lange, Christy worked in the telecommunications industry in sales and field marketing, where she customized and executed training programs across the US, Europe, and Asia.

Christy lives in the San Francisco Bay Area with her husband and is navigating life as an “empty nester.” When not working, you can find her hiking the trails of Marin County, or in New York, or Fort Worth visiting her kids.