

About Kristina Galligan



Kristina Galligan is a career development professional dedicated to supporting the professional growth and advancement of hundreds of alumni and students through personal advisement, workshop facilitation and program development for over nine years.

Kristina has worked extensively as a university liaison between hiring managers and job-seekers. With a solid understanding of “what employers want,” her efforts empower job-seekers to realize job satisfaction and career success while helping organizations identify top talent. Her advisement approach is informed by the study of coaching, adult learning theory/application and positive psychology. She is recognized as a Certified Professional Résumé Writer by the Professional Association of Résumé Writers and Career Coaches.

Kristina currently leads Quinnipiac University’s alumni career development office under the Department of Development and Alumni Affairs. She attends Columbia University Teacher’s College where she is pursuing a master of adult learning & leadership, focusing on the application of contemplative practice to career education. A Hamden native, Kristina has witnessed Quinnipiac University grow from a local college to a globally recognized institution of higher education. She resides in Stamford, CT with her husband and enjoys hiking Sleeping Giant every fall.

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