



Dr. Chris Auger serves with WinShape Teams as a Team and Leader Development Consultant and certified coach. He enjoys facilitating meaningful and impactful experiences for clients that yield innovative and enduring solutions. In this role, he uses his experience and certifications to specialize in combining emotional intelligence with servant leadership to build leaders, followers, and teams that are highly self-aware.

Chris' passion for strong teams and leaders was ignited and developed over the course of his nearly 28 years as a U.S. Navy SEAL. Chris served 12 years as an enlisted U.S. Navy SEAL and then 16 years as a Commissioned SEAL Officer. He rose to the rank of Lieutenant Commander (LCDR/O4) selected for Commander (O5) prior to his retirement. He remains dedicated to seeing high performing teams come to truly know and care for one another, and to help each other become better. He is passionate about using the skills, talents and experiences that he has been gifted with to serve and help others on their journeys of significance. Chris is a Board Certified Coach from the Center for Credentialing and Education, is certified to administer the Emotional Intelligence Quotient 2.0 (EQi 2.0) suite of emotional intelligence tools, and Wiley's My Everything DiSC assessments.

Dr. Auger received his Doctorate in Strategic Leadership with a concentration in leadership coaching in May 2018 from Regent University. He earned his Masters of Science in Global Leadership from the University of San Diego, with an emphasis in project management and international business in 2010, and completed his undergrad at the University of Maryland University College in 2007 with a degree in Information Management Systems.

Chris and his wife, Sandra, have been married for 29 years this February and have one daughter, Alexis who is married to her husband Michael and is expecting in April. When he's not hunting, being active outdoors or going on walks with his wife, he's probably cooking up a storm in the kitchen with his K9 companion Winston, a Jack Russel Pug mix. He's a Jug!