

Curtis Watkins, 72, DHS Class of '67, Executive Coach, Recycling Volunteer, Enjoyed Hiking, Gardening

Author : Darienite.com Staff

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Date : March 1, 2022

Curtis B. Watkins of Carmel, New York passed away peacefully at home on Jan. 31, 2022. He was 72.

The son of Alma F. Watkins, Jr. and Virginia L. Thayer, Curtis was born in Stamford on April 21, 1949 and grew up in Darien.

A graduate of Darien High School class of '67, Curtis went on to earn a Bachelor of Arts degree in history in 1970 from Emory University.

Starting his career in New York City in the legitimate theater as well as in television and commercials, Curtis

went on to become a corporate and executive coach. In 2019 he co-authored a book with Dan Newby, "The Field Guide to Emotions: A Practical Orientation to 150 Essential Emotions."

Curtis and his partner of over 20 years, Cheryl Palmer, enjoyed an active life, including international hiking, gardening and attending both professional and personal workshops and retreats. Curtis was committed to his meditation practice.

He cared deeply about affecting the most positive change in people — his clients, his family, his friends and across the broader community.

He was active for many years with KCC — a group focused on bringing spirit into our lives and work.. He volunteered at the Kent Recycling Center from 2016 to 2022.

He is predeceased by his brother, Stephen T. Watkins of Tiller, Oregon. Curtis is grieved by his partner, Cheryl Palmer; his son, Andrew L. Watkins of Austin, Texas; as well as a sister, Judith L. Watkins-Ahrens of Hamilton, Montana; and a brother, Mark B. Watkins of Southport; plus five nieces and nephews: Luke, John, Naomi, Abiyah and Obadiah.

A memorial celebration will take place in the spring. In lieu of flowers, please consider making a contribution to [Second Chance Foods](#) or [The National Wildlife Federation](#).

— [an obituary](#) from Joseph F. Nardone Funeral Home published on Legacy.com, where online condolences may be left