

# Resilience Coaching

## What is it?

Resilience coaching is a partnership that helps you stay grounded through the stress of demanding circumstances. Atieno's coaching focuses on people who are committed to helping others. Sustaining resilience is more challenging, but even more important, for those who give much. See

[www.sustainable resilience.blogspot.com](http://www.sustainable resilience.blogspot.com) for free resources.



## Benefits

You are probably already highly resilient. Coaching with Atieno may be for you if you:

- seek to remain more balanced and healthy in the midst of high stress
- want to maintain aliveness and effectiveness in place of burnout
- hope to replenish yourself and manage your life of service from your center

Coaching will help you strengthen your resilience and inner source and give even more to the changes you are committed to causing. Making this investment in yourself is a crucial part of your investment in the world.

## In Good Hands

Atieno has helped people in all walks of life. Her training required 800 hours of directing client groups, supervision and on-site testing. She is a Certified Practitioner (CP) of Psychodrama, a Certified Yoga Instructor, and holds an MA in Conflict Transformation and a BA in Comparative Religion. She is currently undergoing additional certification with the International Coaching Federation.

## Pricing

Atieno offers a free assessment, and a 15% discount for customers referred through recommended area businesses. In addition, there are flexible rates for those with financial need. For \$300/month, you will have three phone sessions and unlimited email contact. In-person sessions are sometimes recommended.

## Contact

Contact Atieno at [atieno@usoni.com](mailto:atieno@usoni.com) for an exploration of whether this is the right time and coach for you. Atieno can also refer you to the right person.

## Other Usoni Offerings

- **Facilitation**, including conflict resolution, for many types of meetings
- **Resilience Coaching** through your organization (on any topic)
- **Resilience Roundups for Leaders** (peer knowledge sharing groups for leaders across industries)
- **Leadership Development Workshop** (emotional intelligence and strengths-based learning)
- **Awakening Creativity Series** (structured process for making the practice of self-care through creative expression habitual; a group series)
- **Yoga instruction** (interdisciplinary/vinyasa flow classes)
- **Private yoga lessons**
- **Yoga and Leadership Retreats** in San Juan del Sur, Nicaragua
- **Playback Theater** (telling and seeing stories to gain insights from work and life; for intimate team retreats)