



Windcall Coaching Invitation

Spring 2024

Congratulations on your Windcall Residency! We hope it will be a refreshing and inspirational experience. We appreciate your work and all you bring to social justice movements. We hope this experience renews your inspiration.

As part of your Residency, we are also pleased to offer you Windcall's Coaching program.

You are eligible for up to **6 sessions** with a coach who specializes in working with social justice leaders. A coach can support you to achieve your personal goals around bringing more balance and resiliency to your work & life or goals related to your work life that you may have developed while at Windcall and encourage ways to sustain yourself over time. Windcall's coaching group includes a variety of coaches to choose from - their names, links to their biographies and contact information are listed below.



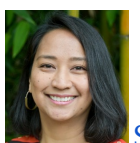
[Patrick Brown](#)



[Emily Goldfarb](#)



[Dr. Christine Petit](#)



[Strela Cervas](#)



[Natalie Jaynes](#)



[Alex Poeter](#)



[Karina Falcon](#)

(disponible en español)



[June Marisa Kaewsith](#)



[Raynelle Rino](#)



[Kim Fowler](#)



[Sheetal Kandola](#)



[Idrissa Simmonds](#)



[Christine Gautreaux](#)



[Johnny Manzon-Santos](#)



[Tazau Tamu-Povi](#)



[David Glisch- Sanchez](#)



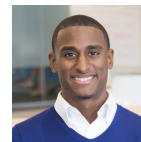
[Jennifer Uniqua McIntyre](#)



[Julia Wilson](#)



[Yvonne Paul](#)



[Austin Walker](#)

We suggest you reach out to two coaches and then choose one. If you're stumped about whom to choose, Windcall staff (email Alex) can suggest someone, but rest assured, the coaches are excellent and you will be in good hands no matter who your coach is. Coaching sessions take place virtually over the phone or Zoom and usually last 45-60 minutes.

- **You are provided with six sessions after your retreat during your residency** to support you in implementing your Windcall-inspired insights.

You should **start your first coaching session within 2 months** of ending the offsite retreat. **All coaching sessions must be completed 6 months after the end of your residential retreat** in order to be covered by Windcall. If you want to continue with your coach, you and your coach are welcome to make your own arrangements.

During the course of the coaching program, if you are not satisfied for any reason with these coaches, please contact Jayeesha, who is managing the coaching program. Your feedback is essential to us making good matches, and in recruiting a larger pool of appropriate coaches around the country to work with Windcall alumni.

USE THIS RESOURCE HOWEVER YOU NEED, and enjoy the luxury of putting your own needs and dreams front and center. We look forward to supporting you with the Windcall Residency and Coaching program. *And welcome to Windcall - a breath of fresh air for the social justice movement!*

For support on getting paired and set up with your coach, please contact
Alex Torres, Windcall's Residencies Coordinator
225-715-7139, alex@windcall.org

Once you are ready to select a coach, please ask them to visit
<https://windcall.org/coaching>
to complete the [coaching/therapy intake form](#).

** We are also now offering therapy as an option and are working on a list of therapists, if you would like to apply your coaching award to therapy services please let us know. You can select one of your own choosing, or check out networks such as the [Queer and Trans Therapists of Color Network](#) and the [Latinx Therapists Action Network](#).*

The Windcall Institute Coaching Program

Two major components of Windcall's Residency Program are life coaching and intensive learning. Coaching is interspersed throughout the nine-month program (ideally in preparation immediately before the residential retreat as well as in the four months after) - building on the intensive personal learning that is concentrated within the residential retreat experience.

Each resident has access to a coach for six sessions, which can be spread out starting before the retreat, during or after the retreat. ***Each person can choose their coach, select a coach from our list included here, or ask staff for recommendations.*** All of the coaches listed are committed to social justice and have had roles in social justice movements.

What you and your coach discuss is completely confidential. Sessions are generally for about 45-60 minutes and over the phone or video conferencing.

Windcall began offering coaching in order for Residents to maximize their Windcall experience. Participants were returning from their Windcall retreat with ideas about what they wanted to change in their lives or organization but with little support from those around them. For the Board, alumni and staff who had had experience with coaching, it seemed like an ideal way to help Residents forward their Windcall-inspired visions.

"What I think is valuable about working with a Windcall coach? If you do not know everything, a coach helps you to know what you know to help you grow." - Ron Davis, Highlander Research & Education Center (at time of Residency), New Market, TN

"Windcall coaching was transformational for me. At Windcall, I got the time and space and beauty to stop and feel. During coaching, I translated that into a new understanding about goals for my organizing work, changing and improving the way I do the work." - Madeline Talbott, Action Now (at time of Residency), Chicago, IL

While we initially envisioned coaching as a tool for after the retreat, some Residents have found coaching has helped them prepare for the retreat internally and with their organization. And growing numbers have talked to their coach during the retreat itself, taking advantage of that more open space to start their coaching relationship and to help them process their thoughts during the retreat.

We know you're busy and that many of you, upon hearing you can have a coach, think "one more thing to do, one more person to relate to." But Residents who have had a coach feel invigorated, supported and effective through a coach.

What is coaching? According to Belma González of B Coaching and Consulting, "Coaches work one-on-one with clients to make real, lasting changes to improve their overall sense of satisfaction and fulfillment, to improve performance and achieve goals." For Windcall Residents, this often means support in implementing ideas they might have discerned while at Windcall.

To be clear, coaching is not therapy*, it's not organizational development consulting - it is support to YOU as a leader and your value to your movement. And very importantly, it is completely based on your strengths, interests, and experience. It is not about telling you what to do; it is helping YOU identify what you want and helping you move to next steps.

** Please note: if you think therapy is what you need for your Windcall residency experience, let us know as we can extend your coaching award towards a therapist.*

What happens during coaching? Coaches will probe, follow up and ask thought provoking questions to help you identify goals, values, solutions, and actions. During your sessions, you should feel heard and understood in such a way that you can reflect in new ways and transform in ways you want. You might become more aware of your choices and intentions in your behaviors and actions. Your aspirations and hard truths can be explored and what those mean for your current goals and actions. You might be challenged and supported in taking skill-building and life-enhancing risks and setting goals and new actions. A good coach will hold you accountable to what you say you want to do!

Some short videos from non-profit leaders about coaching are available on <http://www.haasjr.org/programs-and-initiatives/video/power-coaching>.

We encourage you to take advantage of the coaching award to make the most of your Windcall experience.

<p>Windcall Institute Coaching Program Biographies of our Coaches</p>

Patrick Brown
patrickmbrown75@gmail.com

Patrick is a learner, advocate, and coach. Originally from the South Side of Chicago, Patrick currently lives in Oakland. Patrick graduated from DePaul University and

began working in Workforce Development focused on the formerly incarcerated. While designing and implementing Green Jobs programs, Patrick became interested in the transformational aspects of transformation and development. When selected as a Green for All Fellow, Patrick began to synthesize work and training to create containers for self-empowerment.

Patrick completed his Coaching training with Leadership that Works and studies with the Spirit Rock Community Dharma Leaders Program. Patrick also works as an equity consultant trainer for such groups as BlackLivesMatter, California Legislative Black Caucus, TippingPoint Community, and Rockwood Leadership Institute.

Patrick enjoys live music, social activism, and the healing powers of nature.

Strela Cervas

strela@strelacervas.com • cervas.strela@gmail.com

Strela (she/her) identifies as a mother, Pilipina, LA native, organizer, trainer, wife, daughter, sister, and healer. She provides professional coaching, consulting services, and forest therapy to social justice and environmental justice organizations and leaders. Strela is especially passionate about working with women of color radical organizers to reconnect to their true selves, supporting organizations to center racial equity, and playing among trees. Strela has over 20 years of experience working to advance environmental, economic and racial justice.

Strela is a certified professional coach (trained at Coaching for Transformation at Leadership that Works), a Forest Therapy Guide (trained at the Association of Nature and Forest Therapy), and a mom to a brilliant 16-year-old. She is on the board of the Windcall Institute, a healing justice organization that provides much needed sabbaticals and transformative practices to radical organizers and movement-builders.

References: Lisa Fu, Jessica Tovar, Susana Sngiem, Sarah Lee

Karina Falcón

contacto@mujerlunar.com • www.mujerlunar.com / www.carpalunar.org

Karina Falcón is a Mexican Transgenerational Consultant, Writer, Poet, and Editor who centers the Sacred Feminine Wisdom. She has been practicing the way of the Medicine Wheel from ancestral medicine, astrology, Native American, and Maya-Tolteca spirituality precepts for about 17 years. Abuela Luna/Grandmother Moon is her teacher. She also has studies in English Literature, Transgenerational Philosophy, and Family Constellations.

In 2013 she founded [Mujer Lunar](#), a portal for Spanish-speaking women who wants to explore their sacredness through Ancestral Feminine Wisdom and Visionary tools. These tools help them be rooted while weaving their heart's intent in the birthing of projects and entrepreneurial creative endeavors. Karina is informed in complex and transgenerational trauma.

Through the Medicine Wheel, Family Constellations, Astrology, Storytelling, Moon-Wisdom, and Rituals, she helps women to find their heart's sacred intent and find inner resources that will guide them to achieve life-service goals. Karina honors women's ancestral framework while daring to give birth to new visionary ways to walk the Earth with Sacred Beauty.

References: Erika Murcia, Maria Bautista, Marinah Ferrell, traci ishigo, Melissa Rosario, Laura Peniche

Kim E. Fowler, PCC, CPCC, ORSCC
kimfowl@gmail.com • www.mesacoaching.com

Kim is a Professional Certified Coach, trainer, and facilitator. She is on faculty of Leadership That Works (LTW), a coach training school for people in nonprofit and social justice work. Prior to LTW she trained internationally for the Co-Active Training Institute (CTI). Kim works with individuals and teams to replace limiting beliefs and behaviors with thoughts and action based in resourcefulness, creativity, and heart. Kim helps clients clarify their vision and move into values-based action that leads to higher effectiveness and doing work they enjoy. She also helps clients explore how culture, race and gender inform their choices, their work environment, and how they do their jobs. Her experience as a government funder, nonprofit executive director and board chair, and as a academic program and development coordinator for Stanford University infuse her coaching.

Kim's Bay Area work has included coaching in San Quentin, working with organizations such as Alternatives in Action, Asian Pacific Islander Wellness Center, East Bay Community Foundation and the Movement Strategy Center. She has trained staff at nonprofits in Battle Creek and Grand Rapids, MI with LTW. Kim is a member of the International Coach Federation. She is also a singer and author of "All Will Be Well: A Memoir of Love and Dementia" the story of the impact of her mother's stroke on her family. She is African American and lives in Santa Fe, NM.

References: Belma Gonzalez, Liz Callahan, Alison McCrary, Jacqui Patterson, Erica Hall, Fawn Walker-Montgomery

Christine Gautreaux
christinegautreauxmsw@gmail.com

Christine (she/her) is dedicated to the pursuit of play, joy, art & social justice. Christine's superpowers include connecting people, helping folks manifest their dreams, standing up against injustice and using art to make a difference in the world.

Christine Gautreaux (pronounced gō trō) , MSW holds a Bachelor's and Master's Degree in Social Work and is a professional speaker, coach, author, podcaster and entrepreneur.

Christine is the co-author of Stillpoint: A Caregivers Playbook to find ease and to take a deep breath and reclaim joy and her latest book Women Connected in Wisdom stories and resources rooted in the 8 dimensions of wellness. She believes in the power of body wisdom and somatic play to help heal trauma and live our best lives. Christine coaches professional caregivers, activists and artists to maintain balance and self-care during these intense times we find ourselves living.

David Glisch-Sanchez
david@soulsupportlifecoaching.com

I am a healer whose core is rooted in anti-racist, queer, and feminist ethics, which is to say, I am a healer that nurtures and cultivates radical Love. I am a sociologist by training (Ph.D. from the University of Texas-Austin), and a coach by vocation.

I have more than a decade of experience in guiding, advising, championing, and training individuals and organizations on tools, techniques, and processes that facilitate the transformation, growth, and evolution they desire to achieve. My expertise lies in the areas of: emotional health and wellbeing, identity development, social justice, spiritual growth and development, creative project development, organizational culture and interpersonal dynamics, and major life transitions.

My coaching practice, Soul Support Life Coaching, is my chosen vehicle to live out my purpose as a healer. As part of the anti-racist, feminist, and queer ethics that guide my practice, it is my commitment to never deny working with someone because of their ability to afford my regular fee. Being a coach/healer is my passion and I bring that passion and commitment to every session with my clients.

I am also a voracious reader, avid movie-goer, comic book lover, sci-fi nerd, nap enthusiast, husband, and papí to two very spoiled shih tzus.

Emily Goldfarb
egoldnrrio@aol.com

Emily has worked as a consultant since 1997 for more than 50 non-profit organizations, networks/coalitions, and foundations through her firm, GoldRio Consulting. Emily specializes in the areas of program planning and management, ED/staff coaching, leadership development, and strategic research & evaluation. She particularly focuses on working with community-based organizations that employ strategies in the areas of leadership development, community organizing and policy advocacy and has a growing interest in organizations that effectively link social services with social change. She is fluent in Spanish.

Emily's clients have included The Family Violence Prevention Fund, Mujeres Unidas y Activas, Miami Workers Center, Environmental Health Coalition, SF Neighborhood Centers Together, Southern Echo, CVP-Immigrant Leaders Fellowship, Partnership for Immigrant Leadership and Action (PILA), The California Endowment, Liberty Hill Foundation, The Walter and Elise Haas Fund, and many others. Emily is the former founding executive director (1986 - 1996) of the Northern California Coalition for Immigrant Rights, and has worked in the field of immigrant and refugee rights for nearly 20 years. She currently serves on the board of Mujeres Unidas y Activas. A graduate of Stanford with a BA in Latin American Studies and International Relations, Emily is bilingual in English/Spanish. Emily is a Windcall alumna, who spent 2 sessions in Bozeman, Montana. Emily lives in San Francisco, CA and is white.

References:

Juanita Flores, Diane Takvorian, Amaha Khassa, Gihan Perera, Gabriela Castenada Meijia

Natalie Jaynes

www.haven4growth.com

After 16+ years working in human rights and social justice, I established 'Haven 4 Growth' because I see my life's purpose to provide a haven for myself and others to grow in love and service. I do this through 1:1 coaching, group/team coaching, and workshop/retreat facilitation.

I grew up in South Africa and now live in Brooklyn, New York. I have committed my life to transformative justice. My early career focused on building a world without gun violence. The next part of my career has been dedicated to advancing open societies in which we can have fundamental differences and still treat each other with care and dignity. I worked in human rights philanthropy for a decade and during this time, I came to see that the success of social change efforts don't only rely on funding. Even with adequate funding, I have seen organizations and campaigns fall apart because the people doing the work were stuck in self-judgment, competition, hatred, fear, loneliness... It doesn't have to be like this. I established Haven4Growth as a vehicle to co-create work environments that are happy, caring and excellent. I assert that work can be a dignified expression of our humanity and we can be happy and fulfilled in our work environments. Our work

relationships and environments can be vehicles for deep growth and transformation.

I am accredited as an Associate Certified Coach (ACC) through the International Coaching Federation (ICF). I hold a Bachelors in Theology from the University of Pretoria, and a Master's degree in Justice and Transformation from the University of Cape Town. I also hold certifications in ontological coaching, nonviolent communication, and emotional intelligence (EQ-I 2.0 and EQ-I 360).

I am a member of the Zen Peacemaker Order and commit to a life of loving action.

Reference: Joey Mogul

June Marisa Kaewsith

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June Marisa Kaewsith, also known as "**Jumakae**," is a professional artist, wellness consultant, and storytelling coach. After spending her twenties as an artist and community organizer inside of nonprofit organizations, she began craving an alternative narrative to healing and justice beyond the struggle. Curiosity led her back to Thailand, where she studied with a traditional midwife to learn the ways of her ancestors. That's when she realized that all of our ancestors were entrepreneurial, filling a need in the community through their sacred offerings. Thus sparked her calling to assist others in remembering their magic.

Today, June facilitates private coaching and group masterminds for women and people of color who are seeking clarity in their messaging and confidence in their speaking so that they can grow business from a place of alignment. Her clients includes birthworkers, sexuality educators, therapists, and yoga teachers who are launching their online signature programs while becoming the go-to experts in their industry using their story.

Her spiritual practice includes meditating with a green smoothie in the morning, and practicing exotic floor work while eating potato chips in the evening. June loves embodying the complexities of life and spirituality, and invites others to do the same.



She resides on Chumash & Tongva territory, known as Long Beach, CA. 

References: Jayeesha Dutta, Maria Ibarra-Fraire, Jeanette Monsalve, Gaby Hernandez

Sheetal Kandola

sheetalkandola@gmail.com • www.sheetalkandola.com

Sheetal (pronounced like Lethal) is an international certified life, embodiment and mindset coach, global mental health consultant, sex educator and traditional Hatha yoga and Ayurvedic practitioner. Although she was born in the US and has roots in North India, she considers herself a citizen of the world. She has lived, studied and worked in 3 different continents. She currently is based between the USA and the Himalayas.

She has worked in the global mental health field in India, the UK and the USA for the past 10 years with community-based NGOs and organizations like the WHO & UN. She completed her undergraduate at Emory University and her post-graduate studies from King's College London; London School of Hygiene and Tropical Medicine, became a certified coach with MindValley, a yoga teacher through the Sivananda organization and a certified Ayurvedic therapist through the Ayuskama Ayurveda school. In addition, she completed a trauma sensitive yoga training in the USA to work with survivors of abuse, violence and trauma.

Sheetal is passionate about guiding women and people of color who feel stuck and confused about their dharma (soul's purpose) to feeling clear, aligned, inspired and in divine flow. She uses mindset, movement, and meditation to support people to realize their highest self. Her mission is to provide an empowering and safe space that unconditionally encourages individuals to connect with their true inner voice so that they may transcend all limiting beliefs that prevent their authentic and free self-expression. She is also ardent about decolonizing wellness, yoga and Ayurveda in the West to help people understand the deeper meanings of her indigenous spiritual practices. For Sheetal—yoga is more than just an exercise—it is a way of life and a tool to transform and realize the true self.

References: Jayeesha Dutta, Tré Vasquez, Bianca Mikahn

Johnny Manzon-Santos, CPCC

johnny@pearldiving.net

Since 1985, **Johnny** has committed his professional and volunteer energies to social justice. He is founder and co-principal of *pearldiving* LLC, a consulting and coaching practice dedicated to empowering historically marginalized communities, the institutions that serve them, and their current and emerging leaders. His current coaching clients work in a range of fields including child and youth development, city and county government, restorative justice, public health, environmentally sustainable business, and the arts.

Johnny served 15 years as an executive director of nonprofit organizations in New York and San Francisco focusing on sexual health, stigma, capacity building, and public policy in People of Color communities. He has played leadership roles with numerous boards of directors, government advisory bodies, corporate-community collaborations, and grassroots advocacy initiatives. In 2008 he was selected to deliver the inaugural *Balgopal Lecture on Asian Americans & Human Rights* at the University of Illinois. Johnny received a fellowship with the Coaches Training Pilot Project (funded by The Kellogg Foundation *et al*), whose participants attended and assessed the cultural competency of coach training schools across the US. He earned his professional certification through the Coaches Training Institute. Johnny is an alumnus of the Stanford University Graduate School of Business Executive Program for Nonprofit Leaders, and holds a Bachelor's degree from Brown University. He is fluent in Italian, fluid in French and Spanish, and a student of American Sign Language and Tagalog. An avid adult figure skater since 2001, Johnny trains in singles freestyle, pairs, and ice dance, and has medaled at more than a dozen competitions. He is Asian-American.

References: Marianna Cacciatore, Max Rocha, Viviana Renella

Jennifer Uniqua Mc Intyre, MPH, LCSW
uniquanyc@yahoo.com • 407-906-0779

Jennifer Uniqua Mc Intyre was born in London, England to Jamaican parents who later immigrated to the United States in the 1960s. Uniqua, her preferred name, grew up in Queens, NY and is a product of the New York City public school system. She earned her undergraduate degree in Biology from the State University of New York at Old Westbury; her Master degree in Public Health from Tulane University School of Public Health and Tropical Medicine; and her Master degree in Social Work from Boston University School of Social Work. Uniqua is a Licensed Clinical Social Worker who offers a holistic approach to mental health and wellness. Her focus in maternal, infant, child, adolescent, women's, and family health enable her to publicly serve women, children, adolescents and families in hospital, school, state court, private practice, and community-based settings. She uses a Person-centered, strength-based approach, with roots in mindfulness methods, deep breathing, meditation and other types of relaxation techniques to assist her clients naturally shift and embrace the best version of themselves. She values emotional well-being and encourages her clients to be active participants, tap their power within and pursue their inner strength, happiness, and peace. She is an LGBTQIA+ Ally and is accustomed to working with clients from diverse ethnic, cultural, social, economic backgrounds. Her holistic approach is empathetic, caring, non-judgmental, solution-focused, providing a safe and nurturing environment which empowers her clients to create positive changes to achieve their desired health and wellness goals and outcomes.

Counseling specialties: depression, anxiety, stress, relationship issues, and grief

Coaching specialties: mindfulness, deep breathing work, meditation, sleep fitness, emotional fitness, and stress management

Reference: Erica Hardison

Ernest Mark, CPCC, PCC
ernest@ernestmark.com

*"I bring a lot of heart and authenticity to my work, it's not just what I do but who I am.
I love doing this work."*

Ernest Mark, CPCC, PCC, brings over twenty years of experience as an executive coach and organizational development consultant. He helps leaders and organizations navigate change with clarity, choice and balance. Ernest helps his clients connect with their passion and values through a somatic approach that cultivates awareness of body, stance and presence. "I believe that transformation happens quickest through the body and pay attention to this in my coaching in subtle and direct ways, bringing attention to breath, posture, stance, energy and awareness."

Ernest has completed the certification program of the Coaches Training Institute (CPCC), is credentialed by the International Coach Federation as a Professional Certified Coach (PCC) and currently serves as faculty/trainer with Coaching for Transformation, a coaching certification program offered by Leadership that Works and for the Art of Leadership, offered by Rockwood Leadership Institute. Ernest has been a presenter for conferences hosted by the International Coaching Federation, the Association for Black Foundation Executives and Leadership that Works.

Based out of Oakland, California, Ernest's favorite things include spending time with his two daughters, practicing soccer, playing music, gardening, cooking and camping.

Reference: Anthony Panarese

Yvonne Paul MSW, CLC
pavuchi@gmail.com • 801-652-6011 • Pavuchi Coaching and Consulting

Born and raised in Salt Lake City, Utah; in a working class family, Yvonne jokes that "being in the middle of other siblings taught her advocacy at an early age." A social worker by training, with nearly 20 years experience in non-profits, community-based organizations and policy reform efforts; she brings a wide range of skills and strategies to support change. Yvonne's work is grounded in a commitment to strengthen individuals, teams, and systems. She builds capacity

through cultural humility training, coaching, professional facilitation, policy & advocacy, and project management.

Yvonne reclaims her nominal native identity through the name of her consulting business, *Pavuchi*. Pavuchi (Paah-va-ooo-ch-í) is the surname stolen from her ancestors generations ago, as part of the historic genocide of indigenous peoples in our country. Working with non-profit teams, social justice organizations, youth serving institutions, and empowering marginalized community members define the scope of *Pavuchi's* expertise.

Yvonne's passion for training began in 1998 while working with *Western States Center's Dismantling Racism* team to train staff, board members and leaders of community-based organizations in the northwest. As the Associate Director of Californians for Justice, Yvonne developed political education workshops for low-income, multi-racial youth of color and adults in Oakland, Long Beach, San Jose, Fresno & San Diego; to build their leadership skills and critical analysis. As a consultant with the *National Community Development Institute*, in 2009 and 2010, Yvonne trained health focused organizations to support their organizing capacity and coalition-building efforts for strategic policy reform measures.

In 2011, upon returning to her native Utah roots, Yvonne began serving as the Director of Advocacy and Policy for the Utah Pride Center. Her staff partnered with DCFS to conduct hands on participatory trainings for caseworkers, foster parents and administrators to understand the LGBTQ experience and identities. Through that collaboration, the states first statewide policy for LGBTQ youth was created. In the fall of 2012, the *LGBTQ Youth Safety* practice guideline was introduced.

In May of 2013, Yvonne graduated from the *National Leadership that Works* coaching for transformation course and became a certified life coach. Yvonne finds great satisfaction, and experiences constant humility in working with clients as their coach. In her spare time, she takes great pleasure in traveling to places that allow for the exploration of new cultures, traditions, music and food. In 2014, Yvonne transitioned from the staff of Utah Pride to pursue independent passions full time.

Reference: Michelle Rivera

Dr. Christine Petit

ChristineEPetit@gmail.com • <https://www.drchristinepetit.com/>

Blending creativity, mindfulness, and a commitment to social justice, **Dr. Christine E. Petit** (she/her/hers) engages her whole self and the humanity of others for positive change. With nearly 20 years of impact in nonprofits and community- and labor-organizing, Christine is an organizational founder and

leader; consultant to nonprofits, philanthropy, and government; and certified life and leadership coach offering specialized support to parents and caregivers.

Christine is the mom of a preschooler, and an advocate for children and families with training in trauma-informed nonviolent parenting, supporting children and families in the child-welfare system, and mental-health first aid. She earned her PhD in sociology with emphasis in race and class inequality and social change. She taught sociology at California State University, Long Beach and was awarded Most Inspirational Professor by the CSULB Alumni Association in 2014.

Christine currently serves as the Vice President of Public Policy and Advocacy for Mental Health America of Los Angeles. She is also the creator of [InService](#), a community of support and inspiration for parents and others who care for children that combines the insights of child development, mindfulness, and leadership coaching.

Reference: Jessamyn Sabbag, Sara Leaverton

Alex Poeter, CPC, CLC, CCC

alex@alexpoeter.com • www.alexpoeter.com • www.healthynonprofits.com

Alex is a Certified Professional Coach and nonprofit consultant who has founded and led, as well as co-founded and co-led multiple award-winning social justice organizations. Prior to founding Alex Poeter Coaching & Consulting he served as one of the Managing Partners at the Chicago Freedom School, which he also helped found.

As a Windcall alumnus, he is very familiar with the challenges people who work in the social justice field are facing. For over 20 years he has been immersed in issue-based, constituency-based and geography-based organizing as well as intergenerational movement building and working through an anti-oppression framework (with a focus on anti-racism work). A deep commitment to merging personal development approaches with social justice work led him to becoming a certified coach so that he can support others on their journey towards transformative change.

As a coach, his goal is to help you step back from your daily work routine so you can reconnect with your life vision and your core values, and create a more balanced life. He will help you to develop achievable goals and work with you to create strategies that can be carried out successfully within the time frame you set for yourself. This process will aid you in making your work more sustainable and help

you to explore how you can pursue your work as a whole person by attending to all facets of your personality.

Alex's approach is to focus on overcoming old beliefs (e.g. "successful social justice work equals 60 – 80 hour workweeks") and habits, which often prevent us from making more significant progress towards our life and career vision. He helps people to develop new skills and practices, so they can sustain the positive changes created through the coaching process. By building on people's personal strengths, he helps them to maximize their true potential.

He lives in the greater Boston area and he is white.

Reference: Jess Frechette-Gutfreund, Amy Hertzfeld-Copple, Tiffany Eng

Raynelle Rino

raynelle@rinoconsultingsolutions.com

A long time Bay Area social sector professional, **Raynelle** began her career in the sciences as an ecology field researcher then moved onto grassroots environmental education and social justice organizing. Her love for nature and youth development brought her to teach in unique settings like alternative high schools, environmental justice neighborhoods, parks, and juvenile justice facilities.

In 2016 Raynelle started Rino Consulting Solutions, a nature-based consulting firm that provides coaching and consulting services for professionals and other businesses. Its mission is to support and inspire the leaders of today to live in the confidence of their identities as they move through a world in the midst of social, racial, and environmental transformation. Raynelle is a certified professional coach through Leadership That Works. Her leadership & coaching programs blend her science, environmental justice, and spiritual connection to nature by providing "Healing Hikes", where clients increase their capacity to create change with the support and guidance of the nature experience.

Idrissa Simmonds

idrissasimmonds@gmail.com

Idrissa describes her coaching approach as *Multitude Coaching*, inspired by 2 quotes: Maya Angelou's poem "Grandmothers" contains a line that says "I come along, and stand with 10,000". And Walt Whitman's poem "Song of Myself" contains a line that says "I am large/I contain multitudes".

These quotes speak to the core beliefs of her practice:

1. Every human holds a deep soul wisdom that is ours to access, learn from, and use as fuel for our creative, personal, and professional liberation and goal achievement.
2. Joy is our birthright.
3. Love is the radical, necessary answer.
4. We are our own wells of inspiration and transformation.
5. Chosen community is a balm, conduit, and antidote.

In short, Idrissa's goal is to help her clients access what they already have within them by leaning into her intuition to ask powerful questions that help them get closer to alignment, clarity, and whatever their version of liberation is.

References: Paige Fernandez, KaNeesha Allen, Luis Avila

Tauz Tamu-Povi

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Tauz is a Trauma Recovery Specialist, traditional healer, birthworker and community health worker who incorporates teachings from her family lineage in San Ildefonso Pueblo and Trinidadian roots. She is certified by the Freedom Lodge of the Black Hills Historical Trauma Research and Recovery Center and the Institute for the Study of Birth, Breath and Death.

As a queer, Black and Native woman from the land that is currently called New Mexico. Tauz practices massage therapy, energy work, Reiki, healing touch, chakra balancing and Somatic Archaeology, a healing modality focused on the body and the remains and artifacts of our familial, ancestral, and spiritual lineage in order to uncover our myths and remember our stories for personal and planetary evolution and healing.

Tauz teaches the importance of having a spiritual practice and how essential it is for our well-being in this world. Tauz in collaboration with her clients will work to create ritual, grounding and a spiritual practice that offers connection to Source that works for the highest good.

Reference: *new coach to Windcall*

Austin Walker

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Austin is a life coach, who partners with minority leaders who yearn for personal expansion to manifest their desires through forward-focused coaching. Austin works in tandem with those who are willing to consciously create new possibilities

in their life while nurturing an empowered relationship with themselves throughout the journey.

As the Founder of RAW Coaching and a global top sales achiever as a technology seller earlier in his career, Austin knows how to work effectively and efficiently when supporting others to reach the pinnacle of their goals. Coaching boldly is a creative process that explores who someone needs to be and what they need to do in order to achieve the experience they yearn for. Austin's coaching partnership is grounded in inquiry, introspection, and self-reflection while also co-creating accountability and sufficient support structures to create access to new possibilities.

Outside of coaching, facilitating, and building community, Austin is an avid traveler and adventurer. Austin loves to try new things, eat diverse foods, and create memories with loved ones as he explores the world. As a former college football player for the University of Maryland, Austin is a fan of athletics. Austin maintains an active lifestyle and enjoys exploring a variety of wellness outlets to create harmony. In his spare time, Austin co-hosts his podcast Purpenthicity, where he helps even more individuals find their personal success. Austin is trained by Accomplishment Coaching, a world-renowned, International Coach Federation-accredited training program.

Reference: *new coach to Windcall*

Julia Wilson

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Julia (she/her) is a leadership coach and consultant serving individuals, teams, and organizations in the ecosystem of nonprofits focused on systems change. She works to center equity and authenticity in the coaching relationship and brings to the work over 20 years of leadership roles in the nonprofit sector working to advance justice-focused initiatives. She is a Professional Certified Coach (PCC) through the International Coaching Federation and holds four certifications in individual and team coaching.

Julia's coaching style weaves together mindfulness, trauma-sensitive and resiliency-informed practices, conflict mediation, somatics, and systems intelligence. She has studied with the National Equity Project, The Embodiment Institute, and is an approved coach with the Silicon Valley Multicultural Awards Program for BIPOC nonprofit leaders. She is a certified Workplace Mindfulness Facilitator through Mindful Leader and a teacher of the Community Resiliency Model through the Trauma Resource Institute. She identifies as a white woman with mental health conditions that are sometimes disabling (including PTSD as a trauma survivor), a proud mama of two adult humans and two quirky dogs, and lives in the San Francisco Bay Area.

Reference: Stephen Coger