

Ronda Bonfanti

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Summary

Compassionate and grounded with a deep commitment to emotional healing, connection, and community care. I bring lived experience, trauma-informed training, and a calm, steady presence to individuals navigating grief, stress, and life transitions. My approach centers on empathy, shared humanity, and creating spaces where people feel seen, heard, and supported.

Core Strengths

- Warm, nonjudgmental presence
- Reflective listening and empathy
- Trauma-informed emotional support
- Respectful connection with healthy boundaries
- Mindfulness and grounding practices
- Encouraging resilience and self-compassion

Training & Development

- IFS for Self-Healing: Peer-to-Peer Parts Processing (2025)
- RESPECT Institute of Georgia – Graduate & Speaker (2025)
- Write to Heal: IFS Memoir Writing (2025)
- IFS Online Circle – IFS Institute (2024)
- Trauma-Informed Certificate – The Centre for Healing (2024)
- Introduction to Nonviolent Communication – NVC Academy (2023)
- Advanced Grief Recovery Method Specialist (2018)
- Health Coach, Emory University (2017)
- Mindfulness Meditation Facilitator (2016)
- Mindfulness-Based Stress Reduction – MBSR Atlanta (2016)
- Intuitive Eating Coach – Evelyn Tribole & Elyse Resch at Intuitive Eating Org (2015)
- Certified Professional Life Coach – Life Coach Institute of Orange County (2015)

Coaching Experience

Online Coaching (2015–2022): Supported individuals through healing, growth, and enhanced wellness using evidence-based practices, trauma-sensitive communication, mindfulness, SMART goal setting, and parts-based awareness. Held space with compassion, maintained boundaries, and encouraged self-leadership.

Professional Experience

I completed a Bachelor of Business Administration degree in 1987 and worked full-time until 2000 upon starting my family. Concluded corporate work experience as a medical office administrator with a gyn/oncology practice. Duties included managing day-to-day office operations, staff recruitment & training, performance evaluations, payroll processing, employee benefits administration, accounts payable, budgeting & financial reporting, coordinating OSHA compliance, network & phone systems administration, opening of satellite locations, and special events planning.