

# Ronda Bonfanti

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(404) 590-5806

ronda@losstolovecoaching.com

www.losstolovecoaching.com

## Summary

Began coaching online in 2015 to promote healing, growth, and enhanced well-being.

## Coach Training

2018 – Advanced Grief Recovery Method Specialist, The Grief Recovery Institute

2018 – Positive Psychology Online Masterclass, Positive Psychology.com

2017 – Health Coach, Emory University

2017 – Certified Tobacco Treatment Specialist, Duquesne University School of Pharmacy

2017 – 7 Principles for Making Marriage Work Leader, The Gottman Institute

2016 – Certified Grief Recovery Specialist, The Grief Recovery Institute

2016 – Mindfulness Meditation Facilitator, The Calm Monkey

2016 – Mindfulness Based Stress Reduction, MBSR Atlanta

2015 – Intuitive Eating Coach, Evelyn Tribole & Elyse Resch at Intuitive Eating.Org

2015 – Certified Professional Life Coach, Life Coach Institute of Orange County

## Coaching Areas

**Life Coaching:** support goal setting, personal growth, and behavior modification

**Health Coaching:** adopt enhanced wellness practices utilizing SMART goals

**Intuitive Eating:** end chronic dieting, food anxiety, and weight obsession

**Grief Recovery:** resolve current or buried pain attached to emotional losses

**Mindfulness Meditation:** reduce stress, improve sleep, and defeat negative thoughts

**Relationships:** explore healthy boundaries, toxic relationships, and Gottman's 7 Principles

**Positive Psychology:** incorporate factors which promote human flourishing

**Smoking Cessation:** smoking is the most preventable cause of premature death

## Corporate Experience

Completed Bachelor of Business Administration degree in 1987 and worked full-time until 2000 upon starting a family. Positions held included Office Manager for Advertising Agency, Software Developer, and Biomedical start-up. Concluded corporate work experience as a Medical Office Administrator with Ob/Gyn, Orthopedics, and Oncology practices. Duties included managing day-to-day office operations, staff recruitment & training, performance evaluations, employee benefits administration, payroll processing, accounts payable, budgeting & financial reporting, coordinate OSHA compliance, network & phone systems administration, opening of satellite locations, and special events planning.