

### Oriana Noël Cozzolino

Human Resolve is about leveraging the resiliency, strength, and resources found individually and collectively in groups.

I approach the design process as a collaborative effort while building lasting relationships based on respect, purpose, and exploration. I bring my education, training, and my expertise from 25 years of experience to guide and support you on a journey of discovery.

Your 'best' guides our plans. Working together, we arrive at solutions that go beyond being functional by incorporating collaboration, creativity, and possibility.

### Individual Coaching Discover More Options and Possibilities

Through in-person or virtual dialogue, we discuss what you care about, what you want to have happen, and how you want to get there. You know yourself best and I'm here to invite greater discovery, more acceptance, and more options. I will be your thought partner on the journey, supporting you as you explore all that is possible by offering ideas and suggestions. From these options, you will create your own action plan, choosing your path forward. I will be your accountability partner as you work through your action plan, accompanying you through the process of achieving your own goals.

# Facilitation and Mediation

**Be Guided Through Effective Group Process** I offer facilitation or mediation to put your planning and preparation into action. You and your team can focus on content, and bringing your expertise, opinions, and ideas to a meeting while I focus on process and facilitating the group through activities to accomplish your goals. As a neutral third party, I offer an objective perspective, strategies to be with what is happening, and ideas to move forward. I create predictable, practical, and caring opportunities for everyone to do and be their best.

# Planning and Preparation

**Design Collaborative Opportunities for Groups** We work and live with other people; in teams, workgroups, units, departments, agencies, organizations, and communities. Together, with any stakeholders, in-person or virtually, I support a planning group to develop an action plan based on your collective values, resources, and vision. We can design meetings, mediations, and trainings; there can be as few as two people to as many as 300+ people. Your goals guide what we co-create and I contribute curriculum ideas, meeting activities, group dynamic considerations, and ways to memorialize your work.

### Training

Learn On-the-Job Skillsets and Mindsets

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# How I Work

Based on my expertise I offer custom designed services on a variety of content to support your human resolve. I offer a complimentary in-person or virtual visit to share your vision and get to know one another. After our initial meeting, a contractual agreement is created, signed, and the planning and preparation stage begins.





# Costs

#### Coaching

\$225 ......3 sessions, over 6 weeks \$75 .....Additional individual sessions

#### Facilitation

Custom-designed for your meeting \$75 ..... Per hour for preparation, planning, and debrief \$200 ..... Per hour, in-person or virtual group gathering

#### Mediation

Based on the level of readiness and conflict in a group \$75 ..... Per hour for preparation, planning, and debrief \$100 ..... Per person, per hour for a 2-hour session, in-person or virtual group gathering

#### Training

\$250 .....Per hour Plus planning and preparation at \$75 per hour

#### Sample Topics Available

- 2 Hours ...... Presence and Communication: Starting at the Beginning
- 4 Hours ...... Apologies and Forgiveness: Saying Sorry and Making it Right
- 6.5 Hours ...... Supportive and Trauma-Informed Work Teams
- 2 Days ..... Communicate to Connect
  - (Includes all above elements including additional "real play" time for practice and Action Planning)

### **Custom Designed**

Any number of hours - Variety of content within my expertise

For all of the above, additional agreed-upon costs for materials, federally reimbursed per diem, and federally reimbursed travel costs are in addition, as applicable.