



Sarah Rimmel, CEO



Slow integration is about *going slow to go fast* and finding ways to support ourselves and each other in accessing the beautiful, brilliant wisdom we have within.

Mission: Embodied coaching and capacity building to support leaders, disruptors, and teams in building cultures of well-being.

Vision: People's needs are met. | **Values:** Community. Liberation. Healing. Play. Repair.

About: Sarah Rimmel, CEO | MS in Management. BS in Community Health. | **Read** my philosophy on health equity and oppression.

Offerings:

- Leadership & Team Coaching
- Staff Wellbeing & Resiliency Series
- Staff DE&I Awareness & Cultivating Curiosity Series
- Intercultural Competence Development Strategy, Coaching, Assessments/Group Benchmarking
- Embodied Experiences for Staff/Board/Teams
- Embodied Facilitation to Support Strategic Planning/Trainings

Differentiators:

- Certified ICF Coach | Certified Somatic Coach
- Certified Team Coach with Team Coaching Studio
- Facilitator of Intercultural Development Inventory (IDI)
- Trauma-informed | Somatic abolitionism (anti-racism) education
- Transformative learning | Ontological methodology education
- Higher education | Business development | Nonprofit sector
- QTPOC and BIPOC-owned

Potential Outcomes:

- Staff Retention & engagement
- Personal & organizational baseline assessment/benchmarking
- Deepening intercultural competence
- Enhancing goal achievement and accountability
- Improving communication across diverse populations
- Enhancing impact of internal team trainings and development
- Improving confidence in leadership presence and impact
- Driving DE&I strategy

Highlights:

- Tending to Self and Others Session at Alliance for Nonprofit Management Conference
- Marketing & Weaving DE&I Into Our Personal Branding Session
- Intercultural Awareness of Self & Others as a Key Metric for Positive Culture Building Session
- Successfully co-led a food security initiative which continues to expand to address campus need
- New Leaders Council Alumni committed to cross-sector relationship building/generation of solutions to complex community challenges
- Roll-out team member for ShopBiPOC

Experience:

- Advisory Council Member of Women & Girls of Color Fund with Colorado Women's Foundation: Created community-designed participatory process
- Drove intercultural change within nonprofit orgs
- Supported clients in forming Employee Resource Groups
- Created a Women of Color affinity group
- Conducted employee assessments, caucus groups, facilitated conversations to support positive employee culture, trust, transparency and satisfaction across diverse identity groups
- Chair of Chancellors Committee on Gender and Sexuality and wrote responses on DE&I plans, planned events, and responded to bias in media
- Board member of Higher Ground Healing and Boulder Valley Women's Health Center

Living and working in Colorado on Ute, Cheyenne, and Arapaho traditional, ancestral, and stolen lands.

Slow Integration Coaching LLC | Hello@SarahRimmel.com | www.sarahrimmel.com | (720) 739-1208