

Sonya Robinson

(She/They)

Consultant, Banyan Coaching and Consulting

sonya@banyan-consulting.com

www.banyan-consulting.com

929-307-7557 (c)



My offerings with Banyan and beyond are rooted in the notions of paradox and interconnection. Holding multiple truths, and navigating experiences with curiosity, openness, and acceptance are key elements in the way I show up in my work and life. The integration of these notions, combined with a passion for supporting transformational change are foundational to my practice. I have developed a working understanding of these concepts through a decade long heart and mind exploration of the nature of truth and my place within it. Navigating the complexity of my identity as a multi-racial queer femme has been formative, and I have been provided with humbling opportunities to look closer, listen deeper, and develop a consistent presence with the multiple layers of my experience.

I also bring lived and professional experience in intentional community, cooperative for-profit structures, non-profit organizations, trauma healing and birth work. Innately, I bring a quality of presence, attunement, and an integrated understanding that true transformation touches on the full-spectrum of our experience: internal, interpersonal, collective and structural. By honoring the inherent value and perspective of each individual, group and organization in the forefront of my interactions, I strive to create space where my clients and I can bring our whole selves to our journey together, and that this provides a starting place that builds trust and opportunities for transformational change to occur.

In Fall of 2020, I began an apprenticeship with Banyan consulting. Terrill and Monique have deeply supported and guided my growth, while I continuously work to develop and fine-tune my offerings. I live in Eugene, Oregon and enjoy being a maker of music, vibrant food, ritual tools, and intentional spaces.