

Sasha P. Delonio

8052 Whipperwill Dr. Apt 132, Ann Arbor, MI 48104 ▪ 206-681-3883 ▪ sashadelonio@gmail.com

Statement of Purpose

Through dance/movement therapy, Sasha Delonio aims to expand her therapeutic skills and bring together her background of interpersonal service, business skills, and somatic awareness to serve transgender and disordered eating populations in connecting to the wisdom of their bodies.

Human Service Experience

Contracted Director of Community Services ▪ Arbinger Institute, Farmington, UT, 2011–2012

Managed online learning community based on ideas of developing a heart at peace. Facilitated a monthly, recorded, global community call. Created blog content and led online discussions. Connected global leaders for group visioning calls. Managed community interactions and one volunteer greeter.

Owner, Life Coach, & Workshop Leader ▪ Tree of Hope Coaching, Marquette, MI, 2005–2013

Supported individuals and groups in pursuit of personal development and exploration of life purpose. Developed and conducted experiential workshops, including co-leading a workshop for the Philadelphia Human Rights Campaign Directing Committee connecting organizational vision with action.

Program Director ▪ Laura Whitworth Prison Project, Denver, CO, 2007–2009

Chaired visioning meetings establishing program for personal development for incarcerated women. Led fundraising efforts. Collaboratively created curriculum for weekend workshops. Co-facilitated and assisted with weekend workshop activities supporting inmates in self-awareness, direction, and self-acceptance.

Business Experience

Lead Environmental Auditor ▪ SCS Global Services, Emeryville, CA, 2008–Present

Evaluated companies for compliance with Forest Stewardship Council certification standards. Communicated professionally, verbally and in writing, with various organizations and individuals.

Program Manager ▪ Upper Peninsula Land Conservancy, Marquette, MI, 2013–2014

Coordinated fundraising events and annual meeting planning. Oversaw volunteer coordination. Educated and raised support from members via newsletters and donation letters. Maintained organized records.

Business Consulting, Buying, & Training ▪ Mary's Closet, Marquette, MI, 2007–2008

Provided business start-up consulting, mentorship and planning. Coordinated purchasing and budgeting. Managed day-to-day logistics (scheduling, payroll, inventory) and trained and supervised staff.

Community Involvements & Service

English as a Second Language Tutor ▪ First Presbyterian Church, Ann Arbor, MI, 2014–present

Facilitated language learning conversations; utilized individualized approach to match needs of learners.

Homeless Shelter Volunteer ▪ Food Gatherers at Delonis Center, Ann Arbor, MI, 2014–present

Collaboratively prepared and served meals to homeless and disadvantaged individuals.

Homeless Shelter Volunteer ▪ Room at the Inn Rotating Homeless Shelter, Marquette, MI, 2011–2013

Assisted homeless individuals by orienting them to the shelter and assisting with basic needs.

Prison Ministry ▪ Marquette Branch Prison, Marquette, MI 2011–2013

Co-led spiritual studies and discussions to foster hope and a sense of the sacred in captivity.

Pet Therapy Partner ▪ Delta Society, Marquette, MI, 2009–2011

Trained dog as pet therapy dog and utilized partnership to strengthen local community and youth services.

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Homeschooling Small Group Educator ▪ Northern Lights Education Initiative, Marquette, MI, 2003–2004
Developed curriculum and taught movement, music, art, math, and English using Waldorf techniques.

Graduate Equivalency Diploma Tutor ▪ Marquette County Jail, Marquette, MI, 1994–1995
Assisted inmates in increasing confidence, learning test-taking skills, and preparing for GED exam.

Special Education Tutor ▪ Marquette Area Public Schools, Marquette, MI, 1993–1994
Assisted emotionally impaired or at-risk high school students in managing day-to-day challenges.

Foster Parent ▪ Child and Family Services, Marquette, MI, 1994-1995
Provided emotional, relational, and practical care and support for two foster children, ages 5 and 8.

Mind-Body Involvements

Authentic Movement (29 hours) ▪ Studio of Movement Arts, Ann Arbor, MI, June 2014–Present
Individual and Group classes in creative expression and focused attention on body sensations.

Contact Improvisation (30 hours) ▪ Studio of Movement Arts, Ann Arbor, MI, July 2014–Present
Partnered movement focused on bodily awareness, energetic connection, and reflexes at points of contact.

Hatha Yoga (149 hours) ▪ Flowering Wilderness Heart Yoga & Joy Center, Marquette, MI, 1998–2013

Tango (42 hours) ▪ Michigan Argentine Tango Club, Ann Arbor, MI, Sept 2014–Present

Ballet (7 hours) ▪ A2 Aviary, Ann Arbor, MI, Oct 2014–Dec 2014

English Country Dancing (30 hours) ▪ Chapel Hill, Ann Arbor, MI, April 2012–Present

Square & Contra Dancing (77 hours) ▪ Ann Arbor Community of Traditional Music & Dance, Ann Arbor, MI & Hiawatha Music Festival, Marquette, MI, July 1997–Present

Emotion Dance of the Five Elements (56 hours) ▪ Joy Center, Ishpeming, MI, July 2008–May 2012

Swing Dancing (28 hours) ▪ Arts and Culture, Marquette, MI, July 2002–Feb 2004

Ballroom Dancing (16 hours) ▪ Arts and Culture, Marquette, MI, Sept 2002–April 2003

Professional & Personal Education & Development

Nonviolent Communication Introductory ▪ Ann Arbor Friends Center, Ann Arbor, MI, Oct–Dec 2014
6-week course with experiential practice in communication across differences and for personal integration.

Workshop Facilitator Training ▪ Arbing Institute, Farmington, UT, June 2012
1-week intensive in facilitating growth in ways of being that contribute to peace in self and in relationship.

Co-Active Leadership Program ▪ Coaches Training Institute, Sebastopol, CA, Nov 2006–Sept 2007
10-month program providing skills for leading others and strength-based approaches to making an impact.

Coaching Training & Certification ▪ Coaches Training Institute, Nov 2005–April 2007
Year of mastering coaching skills such as reflective listening, deep inquiry, and metaview.

Core Essentials Coaching Program ▪ Coach U, Chicago, IL, July 2005–February 2006
77-hour basic coaching skills development in listening, questioning, and holding accountable.

BA in Business Administration, Marketing & Management Concentration
College of St. Catherine, St. Paul, MN, 1993, 3.43 GPA