



Conflict Resolution Coaching

Dr. Roseanna Ross, Professor Emerita in the Department of Communication Studies at St. Cloud State University, MN, is a qualified neutral/mediator and conflict coach with more than 30 years of experience as a communication consultant and trainer. Roseanna has a Ph.D. from Ohio University with a focus in interpersonal and small group communication and served 4 years as SCSU's competitive speech coach. She began her breathwork studies with Laurie Ellis-Young in 2007, and since then has integrated *breath literacy* into her training in conflict management, listening, mediation and public speaking.

"I appreciated Roseanna's focus on the breath as a strategy to stay present, to listen more deeply and to manage my emotions during difficult conversations. As a result of working with Roseanna I have discovered the value of using breathwork in challenging settings." (Participant in Effective Listening class, SCSU, MN.)

"Roseanna is deeply knowledgeable about conflict theory, the causes of conflict, and conflict resolution techniques. She is exceptional at conveying her knowledge through examples and in creative and experiential ways." (Attorney, qualified neutral/mediator, MN law firm.)