

# Rachelle Lamb

Rachelle Lamb is a recognized presenter, Nonviolent Communication<sup>SM</sup> trainer and relationship coach. She brings an earthy, practical yet innovative wisdom to her work curated over decades of study drawing from cultural anthropology, psychology, history, poetry, storytelling and deep ecology. Her synthesis of these disciplines provides a rich and fertile scaffolding for transformational dialogue and consistently produces powerful learning experiences for individuals and audiences who cite the learning as profound and life-changing.



Grateful to many teachers over the decades, Rachelle has been most influenced by mentors Dr. Marshall Rosenberg and Stephen Jenkinson. She met best selling author and international peacemaker Dr. Marshall Rosenberg in 2000. Drawn to Rosenberg's revolutionary approach to communication and resolving conflict, Rachelle trained with him and was certified in 2002. (She is currently Canada's most senior active trainer.) In 2010, Rachelle met Stephen Jenkinson, subject of the NFB documentary film Griefwalker. Jenkinson's work with the dying and his compelling insights into the making of healthy human culture struck a deep chord. She attended Jenkinson's Orphan Wisdom School (Ontario Canada) from 2011 to 2022.

*Our most important work is to open our hearts and minds to holding a higher standard for being human in spite of the many challenges and adversities that plague us in our modern fast-paced times. —Rachelle Lamb*

Rachelle is available for interviews and be reached via [email](mailto:rachelle@rachellelamb.com). Her website is [www.rachellelamb.com](http://www.rachellelamb.com).

“ *Being guided by Rachelle, whether in the realms of communication, conflict resolution, personal growth or organizational wellness and health, you will be irrevocably transformed. There is no putting the butterfly back into the caterpillar.*

*Jim Kragtwyk M. Ed, RCC, ICADC  
Registered Clinical Counsellor, Organizational Health and Wellness Trainer*