

## ROBIN SANSING

Robin Sansing is faculty member in the School of Social Work at the University of North Carolina, and is a Licensed Clinical Social Worker (LCSW) with more than fifteen years of counseling experience. As a clinically trained professional, Robin provides life changing coaching, teaching, and training to a diverse population of clients. She has worked in a variety of professional settings including higher education institutions, healthcare, government agencies, nonprofit organizations, and private practice. Robin honed her coaching and training skills at the University of North Carolina, providing leadership coaching and professional training to the University's 12,000 faculty and staff, from senior management to front line employees. Her training and consulting work emphasize practical knowledge, reflective learning, and skill building that have application to real world situations. She incorporates experiential structured initiatives while integrating interaction, humor, and encouragement.



Robin is passionate about addressing diversity, equity, inclusion, and accessibility (DEIA) in all areas of her work. In 2018, Robin created a nationally recognized online training to support people and organizations working with Trans students and has facilitated dialogue among higher education leaders in support of DEIA in academic institutions. Most recently, Robin's work establishing a contemplative practices community of practice for UNC's faculty and staff, Mindful UNC, contributed to her recent appointment as UNC School of Social Work's inaugural Director of Wellness. In her new role, she has helped establish a culture of wellness by partnering with faculty, staff, and students to bring a wide variety of wellness supports into the School including creating the innovative Peer Well-Being Coach Program which launched in the fall of 2022.

In addition to executive coaching and consulting, Robin has a thriving private psychotherapy practice in Chapel Hill, North Carolina, specializing in Cognitive Behavioral Therapy and applied Mindfulness. Robin holds a Bachelor's degree in Psychology from Prescott College and a Master's degree in Social Work from North Carolina State University. She is certified to deliver the suite of 360 assessment instruments from the Center for Creative Leadership (CCL), the IHELP 360 assessment, the Myers Briggs Type Indicator (MBTI), and number of other personality and assessment instruments.

In her leisure time, Robin enjoys spending time with her family, being outside, practicing yoga and meditation, and taking her dog, Kira, for long walks.