

Robin Olson

Coach & Consultant

Robin Olson is a dedicated coach and consultant committed to facilitating personal transformation in individuals. With a profound ability to guide clients towards greater clarity, self-awareness, and personal growth, she has successfully assisted hundreds through her workshops, community education events, and one-on-one coaching sessions. Robin employs tactical and practical methods to achieve lasting results.

Drawing from her own personal journey through multiple losses, including death, divorce, and transitioning from a 30+ year accounting career, Robin's coaching approach integrates mindfulness practices, meditation, and guided inquiry techniques. She helps clients overcome stress, increase resilience, and process unaddressed grief, enabling them to live authentically. Her clients describe her coaching as both inspirational and transformative, appreciating her ability to ask thought-provoking questions through deep listening.

Robin holds a BS in Education, an MBA, and is a CPA. She also has certificates in mindfulness and spiritual life coaching, as well as grief counseling. Additionally, she is a Masters of Wisdom Meditation Teacher and an End-of-Life Doula.

Currently residing in Salida, CO, Robin is the Associate Director for the Area Agency on Aging, a non-profit organization serving adults over sixty. There, she developed and facilitates grief support groups for a four-county region and created a workplace training course on grief to help coworkers support one another, their families, and clients. She also facilitates a grief education series and workshop.

Robin also proudly serves as the Treasurer for the Roy Williams Foundation, a non-profit based in Salida, CO, dedicated to supporting the mental well-being of veterans and first responders to help prevent suicide.

In her personal time, Robin enjoys hiking in the mountains, photography, watercolor painting, and off-roading in her Jeep Wrangler with her husband and their Australian Shepherd, Star, in search of the perfect camping spot. She is a proud mother to her daughter.