

Suggested Coaches



Allegra Baider
MSW, ACC (she/her)



With 20 years of experience advocating for policies that advance economic justice and racial and gender equity, Allegra is a coach and consultant who partners with mission driven organizations to support and retain staff, maximize the impact of leaders at all levels, and cultivate the development of creative, inspired, and connected teams.

Allegra is a leader whose deep experience across government and non-profits includes playing key roles in large-scale campaigns to expand access to health care, income support, child care, employment and training, and retirement security. Her expertise includes coaching, team building, leadership development, policy and program development and analysis, coalition building, and advocacy. Allegra has worked as an analyst at the US Department of Labor, a Senior Policy Analyst at CLASP, and at Community Change, where she was the Deputy Director of Public Policy.

Allegra is passionate about developing workplaces that work for parents and caregivers. As a member of the Management Team at a large nonprofit, she helped craft and enact organization wide changes to support work-life integration. A working mother herself, Allegra is dedicated to supporting parents, and helping organizations to implement the policies, practices, and culture necessary to ensure caregivers can bring their full selves to work.

Allegra brings empathy and curiosity to her coaching and teambuilding work. As a former improviser, she loves to combine a sense of playfulness and spontaneity with challenging and serious work. Allegra is a proud child of immigrants, and a cross cultural lens informs her practice. Allegra holds a master's degree in Social Work from the University of Michigan and is a certified coach through the International Coach Federation.



Melissa Johnson Hewitt
MSW, CPDC (she/her)

forwardmovementconsulting.com



Melissa Johnson Hewitt, Founder and Principal of Forward Movement Consulting, has over 20 years of experience in the nonprofit and philanthropic sectors. Melissa has a strong network of relationships and brings passion and commitment to FMC's consulting and coaching practice. With a clear focus on organizations that support and serve communities of color, Melissa brings a thoughtful approach and grounded analysis to her work. A trained social worker, Melissa values openness, transparency, flexibility, and inclusivity.

Melissa began her career working as a social worker providing counseling and support to Latino families in North Carolina through Catholic Social Services. From there she transitioned into capacity building for nonprofits across the state of North Carolina at the NC Center for Nonprofits. She soon made the transition into philanthropy working with community foundations in the state and later transitioning to the national level. For more than the next 12 years, Melissa worked to organize, support, and advocate for philanthropic leaders and organizations to lead and invest their resources through a racial equity lens. Prior to founding Forward Movement Consulting, Melissa leveraged her philanthropic networks and knowledge to raise money for NAACP and Community Change.

Melissa holds a B.A. in English and Sociology from Wake Forest University and an MSW from the University of North Carolina at Chapel Hill with a concentration on community practice and community development. She is a certified professional diversity coach through CoachDiversity Institute and a member of the International Coach Federation. She is a former board chair of Emerging Practitioners in Philanthropy, former board member of Funding Exchange and the Black Philanthropic Alliance, and currently serves on the Board of Advisors of UNC-Chapel Hill School of Social Work.



Catherine Bell, PCC
(she/her)

catherinebellconsulting.org



Catherine Bell has spent the last two decades working collaboratively with people to unleash their power as change-makers. She began her career as a grassroots community organizer, working to build people power and develop volunteer leadership for issues ranging from youth empowerment to domestic workers' rights.

She brought this experience to her role as Director of the Jewish Organizing Fellowship at JOIN for Justice, where, for six years, she facilitated multi-day retreats, provided individualized coaching for over 75 fellows, and led trainings on community organizing for organizations throughout the US.

Catherine then moved to Keshet, a national LGBTQ education organization, where she designed and led Diversity, Equity, and Inclusion trainings focused on cultural competency and institutional change. As Keshet's Chief Program Officer, Catherine oversaw the organization's largest department and led Keshet's internal culture-building efforts, including facilitation of staff meetings and all-staff retreats.

Catherine is an ICF Professional Certified Coach (PCC) through the Coaching for Transformation program, and has received certification from the Social Justice Mediation Institute. She is a Senior Fellow of the Schusterman Fellowship and a member of the Advisory Board of the Inside Out Wisdom and Action Project. Additionally, Catherine is a founding faculty member of the Avodah Institute for Social Change, and coach for UpStart, Leading Edge, and the Wexner Field Fellowship.

Catherine has an MA in Sociology of Education from NYU and graduated summa cum laude from Amherst College with a BA in English.



Jen Chau Fontán
(she/her)

jenchaufontan.com



Jen Chau Fontán is an executive coach and a certified somatic coach with over 20 years of experience in management and building talent functions from the ground up at various non profits. Jen has created systems for equitable practices in recruitment, hiring, performance management and staff development. She has also built healthy and engaging organizational cultures and internal programs around equity and inclusion. In these roles, Jen held many things in balance: systems and the individual, the external and the internal, the intellect and the heart.

Today, Jen brings this balance to her coaching through her independent practice at JCF Coaching. At JCF Coaching, she holds space both for those who are looking to strengthen their management skills as well as those who want to do more exploratory work around their leadership and life (the latter usually comes with somatic coaching).

Previously, Jen was at The Management Center where served as a Vice President on the Progressive Sector coaching team. Other work Jen has done to positively impact change in her own communities include: Founding Swirl, a multiracial grassroots organization committed to building community for mixed race folks and providing space for cross-racial, cross-cultural dialogue about race and identity; and co-founding and co-leading a local NYC Diversity, Equity and Inclusion Community of Practice for leaders in the nonprofit space.

Jen received her BA in Women's Studies at Wellesley College and her MS in Organizational Change Management from Milano, The New School for Management and Urban Policy. She received her certification in Somatic Coaching at the Strozzi Institute.



Zo Tobi
(he/him)

zotobi.com/coaching



Zo Tobi is a longtime progressive movement organizer, leadership coach, & trainer. Zo's core mission is to help build the internal, interpersonal, & organizational "soft skills infrastructure" that is key to the progressive movement's long-term success. His view is that our movement grows stronger, faster, when our leaders and teams are happy, healthy, fulfilling their calling, loving life, and in it for the long haul.

Zo started in the progressive political world as a volunteer, staff organizer, and then manager of organizers in the youth climate movement. He helped envision and execute a campaign across a coalition of 50+ organizations to turn out hundreds of thousands of new youth climate voters in the 2008 election.

In helping lead the failed push for climate legislation in 2009, he saw how urgently the progressive movement needed concrete skills for staying in it for the long haul. In 2010 he became a professional certified leadership coach, and since then has coached and trained leaders in groups such as the Movement Voter Project, Sunrise Movement, ACLU, 350.org, Avaaz, & Brand New Congress.

He is a Certified Professional Coach through the International Coaching Federation, and trained and mentored progressive movement coaches from 2013 - 2020, as a core faculty member with the Academy for Coaching Excellence. He is now Director of Donor Organizing at Movement Voter Project.

His coaching philosophy is rooted in ontology, the study of being. Ontology looks at what it is to be human: The values we live by, the heroic journey we are each here to take, and, ultimately, the gift to others we want to be known for.