



In Partnership With



**Media Liaison:**

**Sean Ross**

The Wolf and The Bee

[contact@thewolfandthebee.org](mailto:contact@thewolfandthebee.org)

312-380-1832

**FOR IMMEDIATE RELEASE**

Wednesday, May 7, 2025

**COACHING SERVICE HELPS NAVIGATE WORKPLACE HARASSMENT**

*Partnership Launches Support Program*

(Chicago, IL) Unlike traditional options that focus solely on HR reporting or legal pathways, the *Workplace Conflict Navigator* program offers a comprehensive solution that considers long-term career goals, emotional health, and safety.

This innovative service was created in partnership with Mutual Ground Strategies, combining the tools from The Wolf and The Bee's *Navigating Workplace Harassment User Guide*, with personalized, expert coaching.

"After five years of helping people deal with harassment at work, we realized there's a critical gap in support. People want to talk with someone that understands the big picture and can help them figure out their options when they're in the thick of it. That's why we created the *Workplace Conflict Navigator*," said Cheri Wolf, Co-Founder, The Wolf and The Bee.

The program is designed to support individuals at any point, whether they are exploring early options to address workplace conflict or facing complicated decisions because the issue has escalated.

"You're often overwhelmed and forced to make tough decisions in a high-stress environment, and that's when you need clarity and confidence. We're offering the expertise to help people navigate these moments with care," said Katie Kolon, Founder of Mutual Ground Strategies. "It provides guidance no matter where someone is in the process."

Kolon brings over 15 years of experience in law, mediation, and conflict resolution. Her human-centered approach helps participants manage complex workplace dynamics with a tailored strategy.

-more-

*Workplace Conflict Navigator* Program Includes:

- Confidential, one-on-one coaching session with an experienced workplace conflict specialist
- Tailored plan that considers legal, organizational, personal, and emotional realities
- Clarity on action steps

Moreover, individuals are guided to make proactive, informed decisions that prioritize their well-being and career trajectory, no matter when they seek help.

To learn more about the *Workplace Conflict Navigator* visit [Workplace Conflict Navigator](#).

-30-

---

### ***About The Wolf and The Bee***

The Wolf and The Bee is a non-profit organization that provides information, resources, and tools to navigate and resolve workplace harassment and discrimination, with a focus on corporate culture and career development. Learn more at [thewolfandthebee.org](http://thewolfandthebee.org).

### ***About Mutual Ground Strategies, LLC***

Mutual Ground Strategies empowers individuals and organizations to embrace conflict as a growth opportunity through human-centered coaching, mediation, and resolution services, building trust and resilience in workplace cultures. Learn more at [mutual-ground.com](http://mutual-ground.com).

*The Wolf and The Bee is fiscally sponsored by NOPI – Nonprofit Incubator, a program of NOPI INC, a Massachusetts nonprofit corporation and 501(c)(3) organization, EIN 81-5089505. Learn more at [thenopi.org](http://thenopi.org).*