

# VASHTI'S HOUSE PROFESSIONAL SERVICES

Making your business or organization a place of peace, expectancy, belonging, and a sanctuary for growth



Don't see what you need? We'll customize a training for you!

## PROFESSIONAL DEVELOPMENT

*Treat your staff to a uniquely Vashti's House experience. Interactive. Captivating. Motivating.*



### EMOTIONAL WELLNESS WOKSHOP

Your staff and volunteers are investing in their personal lives as well as your organization and clients. ***They need your support!***

This workshop will give your valued staff and volunteers the skills they need to ***avoid burnout and minimize the impact of compassion fatigue or secondary trauma*** through the strategic management of emotional energy.

Emotional wellness is attainable and sustainable!

4 hours for \$3,500

8 hours for \$5,000

maximum 30 people



### GROW YOUR HEART/TRAIN YOUR BRAIN

Does your organization have health incentive programs to ***minimize turn-over and maximize safety and workplace morale?***

***Organizations are only as healthy as the individuals*** and maintaining the emotional and mental health of your staff and volunteers is a best practice management strategy.

This workout program will help Incorporate the right kind of experiences to bring lifelong inner strength and resilience.

4 hours for \$3,500

8 hours for \$5,000



### CREATING A SANCTUARY CULTURE

We get the best from each other when we are not functioning from a place of fear and self protection. Being intentional about creating a safe place in your organization for everyone to grow and thrive will positively change the trajectory of your organization.

Introduces:

- **Exchanging emotional energy for mental energy**
- **Purpose driven vs. ego driven**
- **Collaboration vs. competition**

***and a lot more...***

4 hours for \$3,500

8 hours for \$5,000

Ask about a customized Lunch and Learn!  
\$500

CONSULTING  
\$300/HR

## PROGRAM DEVELOPMENT

***We will help you create specialized client programming and services.***

Need help creating the best intervention or support groups for your staff or clients? Let **Vashti's House** help you design a precision focused program to meet your needs while incorporating all the fundamentals of creating a "home" inside yourself and wherever you go!



CALL US FOR MORE INFO

**971-428-7538**



home@vashtishouse.com



www.vashtishouse.com