

# STAFF RESILIENCY

is your number one priority for  
*improving*

## *Vashti's House* **MAKES IT SIMPLE**

by INCORPORATING the  
**TOP DOWN/BOTTOM UP**  
approach

### **TOP DOWN**

**We Can:** Educate and train organizational leaders and stakeholders on the *value* of employee advocacy and resiliency.

**We Can:** Educate and train organizational leaders and stakeholders in regards to *best practices* for maintaining workforce resiliency and wellbeing.

**We Can** Facilitate the creation of *organizational policies and procedures* that are realistic and sustainable.

**CONTACT US TODAY  
FOR A FREE CONSULTATION  
503-400-5678**



**EMPLOYEE RETENTION**



**WORKPLACE SAFETY**



**ORGANIZATIONAL OUTCOMES**

### **BOTTOM UP**

**We Will:** Give your valued staff and volunteers the tools they need to strategically incorporate self-care, and the care of others, in the workplace and all areas of life.

**We Use** the interactive workshop style approach for all professional development training options.

### **PROFESSIONAL SUPPORT SERVICES INCLUDES**

- **Professional Development Training** for your staff and volunteers
- **Consulting and Mentoring** for agency leaders.
- Organization or business sponsored **community workshops**

### **Meet the Training Team**



Vashti Young MS



Coach E. MS



L. Jackson MS LPC

**CONTACT US TODAY TO LEARN MORE**



home@vashtishouse.com

www.vashtishouse.com

*make yourself at home*

# Overview & Price List

www.vashtishouse.com home@vashtishouse.com 971-428-7538



*make yourself at home*

## PROFESSIONAL DEVELOPMENT TRAINING AND COMMUNITY WORKSHOPS

The primary mission of **Vashti's House** is to empower individuals with the ability to manage and maintain their own inner health and wellbeing within the context of an organizational system.

The professional support services at Vashti's House was designed to provide support to your organization or business by equipping your staff and volunteers to maintain their individual emotional and mental health on and off the job.

### Vashti's House Professional Development trainings and workshops will:

- **Minimize the affects of toxic stress caused by chronic hypervigilance**
- **Minimize the affects of secondary trauma**
- **Minimize the affects of compassion fatigue**
- **Provide practical skills for resiliency and overall health and wellbeing**

## VASHTI'S HOUSE SPEICALIZED TRAININGS HIGHLIGHTS

**EMOTIONAL WELLNESS WORKSHOP- Did you know that your emotional energy is the currency you use to get the things in life you want?** This is a skill building workshop that introduces emotional energy as the currency to move through life. This workshop will help individuals learn to identify the value of our emotions and strategize for budgeting our emotional energy to get the best returns on our investments. Learn to spend, save, and grow your emotional energy wealth!

**INDIVIDUAL HEALTH and COMMUNITY LIVING- Your organizational community is only as healthy as the individual!** This workshop highlights our primal human needs and provides practical skills to not only meet those needs, but to live healthy in a community context. When our primal human needs are met, we can exchange our ego for purpose, competition for collaboration, and mental energy for emotional energy.

**GROW YOUR HEART/TRAIN YOUR BRAIN EXERCISE PROGRAM- Daily maintenance of emotional and mental health is as simple as having the right experiences.** Learn fun and practical ways to keep yourself moving in the direction of health and resiliency every single day with the introduction of the right kind of "exercises". A fun filled workshop with lots of activities and experiences to practice.

**STRESS FIRST AID - Nationally recognized system for on the job stress reduction.** Learn the set of supportive actions designed to help you and your fellow emergency responders assist each other in mitigating the negative and long-term impacts of stress. Designed especially for military, medical personnel and first responders.

WE'RE LOOKING FORWARD TO MEETING YOU AND HELPING YOU CREATE PEOPLE AND PLACES OF PEACE, EXPECTANCY, BELONGING, AND SANCTUARIES FOR GROWTH.

*Thank you*

# Overview & Price List

www.vashtishouse.com home@vashtishouse.com 971-428-7538



*make yourself at home*

## PROFESSIONAL DEVELOPMENT TRAINING AND COMMUNITY WORKSHOPS

Standard rates for all professional development trainings or sponsored community workshops are all inclusive. **Vashti's House** incorporates a fully interactive experience that includes a multisensory approach with take-home packets.

Our rates include information gathering and research for up-to-date information and relevancy.

### #1 Foundation Package

4 hours (half day)

- Four hours of interactive workshop instruction
- Two facilitators
- Take away packets
- Certificate of hours completed

**From \$2,500** for 30 participants or less  
\$50 for every participant beyond 30.

### #2 Sustain Package

8 hours (full day)

- Eight hours of interactive workshop instruction
- Two facilitators
- Take away packets
- Skill building practice
- Certificate of hours completed

**From \$3,500** for 30 participants or less  
\$80 for every participant beyond 30.

### #3 Proficiency Package

16 hours (two days)

- Eight hours of interactive workshop instruction
- Two facilitators
- Skill Building Practice
- Eight hours of participant small groups and presentations
- Take away packets
- Certificate of hours completed

**From \$6,000** for 30 participants or less  
\$100 for every participant beyond 30.

One hour lunch and learn- \$300

## CONSULTATION AND PRESENTATION FEES

Our consultation fees include information gathering about your organization and goals. Research and information gathering that supports your organizational goals and needs. In-person presentation of findings and recommendations. Digital copy of recommendation report and five printed and bound report copies.

**From \$10,000** First hour before contract is free. \$150/hour for no contract consultation

WE'RE LOOKING FORWARD TO MEETING YOU AND HELPING YOU CREATE PEOPLE AND PLACES OF PEACE, EXPECTANCY, BELONGING, AND SANCTUARIES FOR GROWTH. *thank you*