

VASHTI'S HOUSE PROFESSIONAL SERVICES

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



PROFESSIONAL DEVELOPMENT

Treat your staff to a uniquely Vashti's House experience.

Interactive. Captivating. Motivating.



EMOTIONAL WELLNESS WORKSHOP

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

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



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

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!

**CONSULTING
\$150/HR**



CALL US FOR MORE INFO

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www.vashtishouse.com