



FLOURISH

EXPERIENCED PROFESSIONAL ENRICHMENT SERVICES

For the Emotional, Psychological, and Spiritual Wellbeing of Your Staff



Your staff are dedicating their life to serving your clients and making your business successful. Why not make it an enriching experience for them?

Did you know in a recent study, it was confirmed that circumstances don't determine workplace resiliency (Scoloveno, 2017). Having characteristics of adaptability is what enables a person to quickly recover from stressful or traumatic events. This allows them to stay on growth trajectory and minimizes their chances of a stress injury (stress disorders, depression, anxiety, harmful substance dependency) when difficult situations arise.


Shockingly, a recent study from ADU highlighted only 19% of employees in the USA scored proficiently in resiliency. That means 81% of the American workforce are considered to be in danger of a stress injury (Hayes et al., 2020, p. 14).

That's why we're here! **Vashti's House Flourish: Professional Enrichment Services** specializes in creating and implementing an affordable and realistic plan to improve the resiliency of your employees through the right combination of direct support and training.

US Workplace Resiliency

19% Resilient 



 81% at risk for stress injury



Consulting Packages Include interview hours and digital copy of recommendation report.

5-hour assessment interview packet: \$1,000 + two bound recommendation reports


10 hour assessment interview packet: \$1,800 + three bound recommendation reports


20 hour assessment interview packet: \$2,500 + five bound recommendation reports


CONSULTING

Starting at \$200/hour

Not everyone has access to a EAP (employee assistance program) and for those who do, we offer a distinctive service in that **1) We come to you!** Data supports in-person connections and relationship building as the best option for making changes that are the most long-lasting and impactful. **2) We focus on preventative measures and creating a protocol of a realistic and sustainable work-culture that advances individual resiliency.** **3) We'll design a customized plan for your organization that connects you to local peer support, clinicians, training, and chaplaincy professionals. *Call us today to set up an appointment for a free one-hour consultation!***

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 www.vashhtishouse.com/flourish

 flourish@vashhtishouse.com



We are a comprehensive service offering Consulting, Training, and Ongoing Support from local professionals in your area with over 20 years professional experience.

TRAINING

Starting at \$60/person

It's not enough to know the best strategies for managing personal wellbeing and creating a workplace culture of care- we have to remember it, and know how to incorporate it into every day life. **Flourish** professional education and development training connects individuals to the right information, in a way that is memorable, easy to conceptualize and guaranteed to have a lifelong impact. Check out our standard and custom training options.



EMOTIONAL WELLNESS WORKSHOP

This favorite **VH** original is a skill-building workshop that will make **you a master of emotional regulation-** the most foundational skill for minimizing stress injury (to self and others)

Your emotional energy is the currency you use to get the things in life you want. But are your emotional "spending" habits actually helping you achieve your goals? Maybe you find you are you spending too much emotional energy on things that don't matter but find you don't have the emotional energy to show up for ourselves and the ones we love.

In this workshop, we work with fake money and learn how to budget our emotional energy by getting out of emotional debt, saving emotional energy, and growing your emotional energy wealth!

This workshop will give you the skills to master your emotions so they're serving you instead of the other way around.

GROW YOUR HEART/TRAIN YOUR BRAIN

There are 2 main resources we can harness for becoming a resilient person. The first resource is skill-building, and the second resource is **developing our natural abilities.**

This **VH** original workshop focuses on developing our natural abilities by introducing a "fitness" program for your inner self. This program will show you EXACTLY what to do to keep your mind and body primed to stay in a growth trajectory, even when things become stressful or difficult.

Learn how to incorporate "heart" and "brain" activities into your life to expedite personal growth and development and to give you the strength you need to stay out of stress reactive cycles or trauma ruts.

This workshop is developed to be a personal workout in fun, inspiration, and developing new science based habits for becoming and staying healthy and resilient.

 **ASK ABOUT HOSTING A COMMUNITY WORKSHOP!**

CUSTOMIZED

Let us customize a workshop just for you from a variety of options facilitated by our certified instructors who practice what they teach.

Topics include both developmental and skill building options:

- Meeting our Primal Human Needs
- Proactive Listening
- ABC's of self care

Let us know what you need! We're likely certified to teach it.

COMMUNITY CARE

We offer three nationally recognized community care options for equipping your workforce to care for each other (and your clients) including:

- **Stress First Aid**
- **QPR Suicide Prevention**
- **Acute Stress Adaptive Protocol (ASAP)**

Contact us today to learn more about these options.

Half day workshop: \$60/person
Full day workshop: \$100/person
Two day workshop: 180/person
Base price is \$1,200


ONGOING SUPPORT


Starting at 1,200/Month




My daughter and her husband are great parents to my granddaughters. They are loving, dedicated and proactive. In many ways they are able to maintain their standard of parenting because grandma and grandpa show up in a crisis and regularly support them with learned wisdom, caretaking, and a listening ear. That is my vision for this program. You might have an established wellness program, or maybe you're just getting started, either way, we want to be the trusted "grandparents" who bring an uplifting, knowledgeable, encouraging, and caring presence. Whether your employees work in a high

stress environment and need continuous and proactive resiliency support, or you would like to offer overall life improvement support, we can get you on a schedule utilizing just the right combination of regular training, on-call services, and direct on-site support. We're confident our presence will change your business for the better.

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