

STAFF RESILIENCY

is your number one priority for

improving

Vashti's House

**WE CARE FOR PEOPLE WHO
ARE CARING FOR PEOPLE**

The **Vashti's House** distinctive is in our *three tiered* approach to staff wellness.

1. We will give your staff specialized skills to personally manage their mental health and wellness on and off the job.

Our approach for training for self care emphasizes effective internal processing, internal boundary setting, personal stress management, and emotional regulation, which will make a positive impact in improving overall lifelong health and wellness.

2. We will empower your staff to provide stress management peer support.

Empowering your staff to care for each other will minimize the affects of environmental stress and create a more cohesive and collaborative working environment.

3. We will provide more tools for client support and intervention.

Not knowing how to intervene or support a client in a conflict or crisis situation is extremely stressful and can crate a toxic and even dangerous environment. Learn the best techniques in client care and crisis intervention from the **Vashti's House** trainer's who have practiced them in real time.

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



EMPLOYEE RETENTION



WORKPLACE SAFETY



ORGANIZATIONAL OUTCOMES

The Vashti's House distinctive prioritizes best practice models.

We incorporate up-to-date, evidence based, and data supported information in all training sessions for both content and training methods.

We used qualified, educated and trained staff with a variety of nationally recognized certifications. **Vashti's House** training specialists are still practicing in their fields and are gifted trainers and facilitators.

FOCUS AREAS INCLUDE: TOP-DOWN/BOTTOM-UP APPROACHES FOR STRESS MANAGEMENT AND RECOVERY ~EMOTIONAL REGULATION~ EMOTIONAL ENERGY MANAGEMENT~ STAYING IN THE "WINDOW OF TOLERANCE" ~ SELF ASSESSMENT SKILLS ~TRAUMA INFORMED CARE ~ CONFLICT RESOLUTION AND PREVENTION ~ INTERNAL AND EXTERNAL BOUNDARY SETTING ~ CONNECTING TO AND UTILIZING NATURAL INTERNAL REWARD SYSTEMS AND MORE...

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

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Make Yourself at Home

PROFESSIONAL DEVELOPMENT TRAINING AND COMMUNITY WORKSHOPS

Vashti's House creates products and services that empower individuals to effectively manage their own mental health and competent in aiding others in mental health management. .

Vashti's House professional development trainings focus on resiliency through knowledge and skill building for preventing and overcoming common mental health obstacles including; stress disorders, anxiety, and depression often caused by compassion fatigue, secondary trauma, burnout, and feelings of powerlessness. Trainings meet best practices for adult learning, retention, and behavior change and are all:

- Multi Sensory
- Interactive
- Use concrete analogies to contextualize abstract mental health concepts
- Skill building through practice
- Collaborative

VASHTI'S HOUSE SPECIALIZED TRAINING 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 skill-building workshop introduces emotional energy as the motivation we use from everything to getting up in the morning, meeting life goals, taking care of ourselves and others, and getting the things we want in life. In this training, individuals will learn to assess the value of the emotions they use, and strategize for budgeting their emotional energy to get the best returns on their investments. Learn to spend, save, and grow your emotional energy wealth!

MEETING PRIMAL HUMAN NEEDS AND ABC's of SELF CARE- Your organizational community is only as healthy as the individual! This workshop highlights our primal human needs and provides practical skills to meet those needs and practice them in a community context. When our primal human needs are met, we can learn to 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.** Stay healthy by knowing the 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", this fun-filled workshop introduce a variety of activities and experiences to incorporate for a lifetime of maintaining a growth trajectory.

STRESS FIRST AID - Nationally developed system for reducing stress injury while on-the job...with the Vashti's House flair. 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 SUPPORTING YOU IN YOUR MISSION..

Vashti

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PROFESSIONAL DEVELOPMENT TRAINING AND COMMUNITY WORKSHOPS

Rates apply for all professional development trainings or sponsored community workshops. **Vashti's House** incorporates a fully interactive experience that includes a multisensory approach with take-home packets and certificates with recorded training benchmarks and hours.

Included: Agency consultation, pre-workshop assessment and post-workshop assessment.

One hour lunch and learn- \$300

#1 Foundation Package

4 hours (half day)

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

\$1,800 for up to 15 participants. (Maximum class size for optimum effectiveness)

#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

\$2,500 for 15 participants or less

#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

\$4,000 for 15 participants or less.

'Conference' style trainings for large groups start at **\$2,300**

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.

First consultation hour is free. \$150/hour for no contract consultation

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