

STAFF RESILIENCY

is your number one priority for
improving

Vashti's House
MAKES IT SIMPLE

1. CONTACT US
2. HAVE A FREE CONSULTATION
3. DECIDE ON SERVICES
4. ENJOY THE POSITIVE IMPACT

WHY VASHTI'S HOUSE?

Unforgettable: We use a captivating combination of experienced and talented facilitators, up-to-date information, and an interactive workshop-style approach.

Impactful: We use a multisensory approach in every training session. We use concrete, relatable analogies to conceptualize and utilize the skills efficiently in real life.

Relatable: The facilitators use and vet the skills and wellness techniques we facilitate. We will only pass them on to you if we can share how they work.

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



EMPLOYEE RETENTION



WORKPLACE SAFETY



ORGANIZATIONAL OUTCOMES

IN A NUTSHELL

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.

Focus areas include Top-down/bottom-up approaches for stress management. Emotional wellness management. Staying in the "window of tolerance". Skills for self-assessment. Living in your purpose. Personal boundary setting. Utilizing your natural internal reward systems.

OUR SUPPORT SERVICES INCLUDE

- **Professional Development Training** for your staff and volunteers
- **Consulting** and support for the best client care
- 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 503-400-5678



Make Yourself at Home

PROFESSIONAL DEVELOPMENT TRAINING AND COMMUNITY WORKSHOPS

Vashti's House creates products and services to empower individuals to effectively manage their own mental health and be intentional about their own personal development.

Vashti's House professional development trainings focus on resiliency by giving the skills to avoid stress disorders, anxiety, and depression caused by compassion fatigue, secondary trauma, burnout and feelings of powerlessness. Trainings 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 currency for moving through life. It will help individuals learn to identify the value of their emotions 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!

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 meet those needs and 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." This is a fun-filled workshop with 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.

Thank you

Overview & Price List

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Make Yourself at Home

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.

#1 Foundation Package

4 hours (half day)

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

From \$3,000 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 \$4,000 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.

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

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thank you