

# VIVID CONSULTING

## CONSULTATION PACKAGE ADD-ONS

### **One-on-One Wellness Coaching**

Add one-on-one wellness coaching hours to your group-based consultation package.

#### **Individual Wellness Coaching**

- Select number of one-on-one wellness coaching hours for team members/individual employees per month

### **Leadership Consultation**

Add additional leadership consultation hours to your package.

#### **Consultation for Leadership**

- Weekly or bi-weekly consultation for developing and maintaining healthy workplace culture and preventing burnout

### **Wellness Products**

Bundle products with your choice of consultation services.

#### **Peaceful Plants: A Mindfulness Coloring Book**

- Order copies of this tool for team members/employees to reinforce skills outside of individual or group sessions.