

VIVID CONSULTING

CONSULTATION PACKAGES

One-on-One Wellness Coaching Package

This package includes the following services on a monthly schedule:

Consultation for Leadership

- One-hour discussion to understand the needs of your team or organization and structure consultation services
- Monthly consultation for developing and maintaining healthy workplace culture and preventing burnout
- Weekly one-hour skill-based wellness coaching for team leaders

Individual Wellness Coaching

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

Group Wellness Coaching Package

This package includes the following services over the course of 6 weeks. Group coaching sessions are designed to strengthen and reinforce wellness skills:

Consultation for Leadership

- One-hour discussion to understand the needs of your team or organization and structure consultation services
- Monthly consultation for developing and maintaining healthy workplace culture and preventing burnout

Group Wellness Programming

- Managing Stress Workshop
- Leveraging Mindfulness Workshop
- 4 weekly one-hour skill-based wellness group coaching sessions

Extended Group Wellness Coaching Package

This package includes the following services over the course of 12-20 weeks. Group coaching sessions are designed to strengthen and reinforce wellness skills:

Consultation for Leadership

- One-hour discussion to understand the needs of your team or organization and structure consultation services
- Monthly consultation for developing and maintaining healthy workplace culture and preventing burnout

Group Wellness Programming

- Managing Stress Workshop
- Leveraging Mindfulness Workshop
- 4 weekly one-hour skill-based wellness group coaching sessions
- 2-4 bi-weekly one-hour skill-based wellness group coaching sessions
- 1-2 monthly one-hour skill-based wellness group coaching sessions