

Alexis Christina Consulting, We believe emotional wellness and centeredness are vital to living happy and healthy lives in community with one another. Therefore, it is a basic need to be mindfully well, not a luxury.

A positive outlook, a sense of calm while under stress, and self leadership are all critical workplace and life skills, but they can be hard to produce when you or your team is exhausted and not taking care of yourself.

Studies show that happiness effects productivity, and **people's wellbeing effects the overall health and effectiveness of any organization.**



ALEXIS THOMASON, CMT, MS ED
FOUNDER AND CEO

ABOUT US

Alexis Christina Consulting seeks to create a culture of care as an approach to living and working. We do this by sharing trauma-informed approaches and mindful practices to help people feel greater agency, balance and ease.

GET IN TOUCH!

202-656-5616

WWW.NOBLEMAAT.COM

INFO@NOBLEMAAT.COM



Noble Maat

MINDFUL IMPACT PROGRAMMING FOR THE THIRD SECTOR

www.noblemaat.com



FOR ORGANIZATIONS



OUR APPROACH

We place well-being at the center of transformative professional development, workshop and retreat experiences that explore the intersection of mindfulness, trauma, relationships, and self-leadership for healing, personal, and professional growth. Resilient staff can help build and empower resilient communities.

- ✓ Board and Leadership Retreats
 - ✓ Lunchtime Wellness workshops
 - ✓ Mindfulness retreats (1/2 day, Full-Day and Overnight)
 - ✓ Meditation Workshops
 - ✓ Breathwork workshops
- Everything offered virtual or in-person.

***Everything can be offered virtually or in-person.**

FOR INDIVIDUALS

- ✓ Mindfulness Workshops
- ✓ Breathwork workshops
- ✓ Meditation retreats
- ✓ Online Mindfulness drop-in classes

