



Noble Maat

PROGRAM GUIDE

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WELLSHOP DESCRIPTIONS FOR PROFESSIONALS

1 Implementing The Protective Factors

Learn a comprehensive approach to operationalizing the 5 Protective Factors in your school, center or program to move families from striving to thriving.

2 Mindfulness Based Stress Reduction

Results in increased ability to cope with stress, control anger, self-awareness, self-care, and significant decreases in depressive symptoms and stress.

3 Standards of Quality for Family Strengthening and Support Overview

Learn how family centerdness, family strengthening, DEI, Community Engagement and Evaluation all play a part in promoting strong families.

4 Mindful Family Strengthening

Explore Mindfulness Based Interventions that build staff emotional and professional capacity to promote family well being.

5 The Trauma-Informed Classroom

Learn ways to weave a trauma-informed approach into your classroom set-up and routines, language and classroom management.

WELLSHOP DESCRIPTIONS FOR FAMILIES

1 Mindful Co-Parenting

Learn practices that cultivate forgiveness, patience and self-compassion in order to find a common ground with co-parents, and peace with how things are.

2 Parent or Dad Cafe for Families

Small group conversations, called Cafés, to facilitate transformation and healing within families, build community, develop peer-to-peer relationships, and engage parents as partners in the programs that serve them.

3 Inhale Courage, Exhale Fear

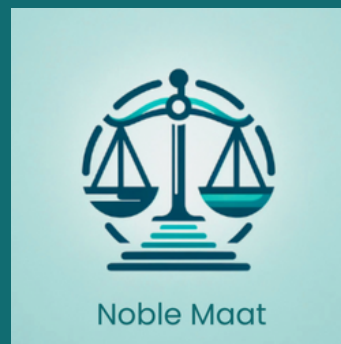
Breathwork wellshop to let go of stress and learn tools for regulating the nervous system and emotions during times of difficulty through specific breathing exercises.

4 These Kids are Just *Different!*

Positive discipline and mindfull parenting combined can be a powerful parental tool to keep kids on track during an age where children are disengaged from family life and often a bit entitled.

5 Parent Leadership Training

Build capacity to take on leadership initiatives in the school or larger community. Make a real difference through structured service projects and servant leadership training and support.



Mindfulness Based Family Strengthening School/CBO Packages & Pricing

(no “work-shops” here!)

One Family Wellshop

\$350

Features

- Wellshop pre-registration and post wellshop evaluation provided

One Professional Wellshop

\$1400

Features

- Email and Zoom Support
- pre-registration and post wellshop evaluation provided

Professional Package

\$3000

Features

- Email, Zoom, and in-person Support
- Program/Culture Assessment Report with Recommendations
- One Professional Wellshop
- One Family Wellshop
- Pre-registration and post evaluations provided.

Enterprise Package

\$200/HR

Features

- Minimum of 8 consulting hours
- Email, Zoom and in-person Support
- One hour **complimentary** mindfulness wellshop for staff