

MENTAL HEALTH + WELLNESS

AMBASSADORS

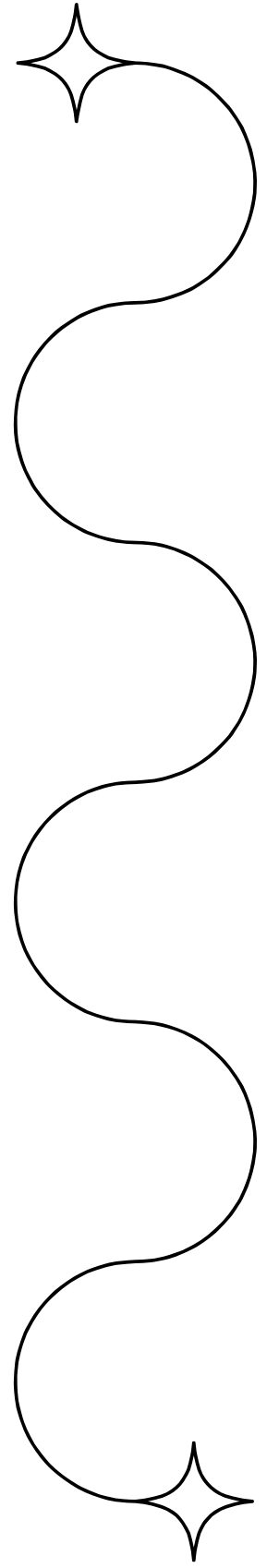
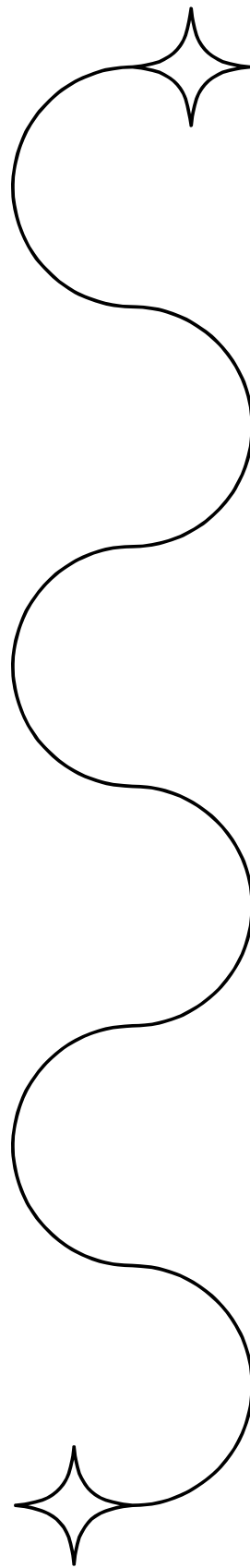
*emPOWERing confidence and healthy communication skills
for helpers and service-based professionals*

Mental Health + Wellness Ambassadors
Advocates for Social Justice, Diversity, Equity + Inclusion
Love+Relationship Specialists
PEAK Performance+Leadership Consultants



.. ——— ♡ ——— ..
15 E. Walnut Street, Nazareth, PA 18064
www.VisionistasByDesign.com ~ 610-365-5042

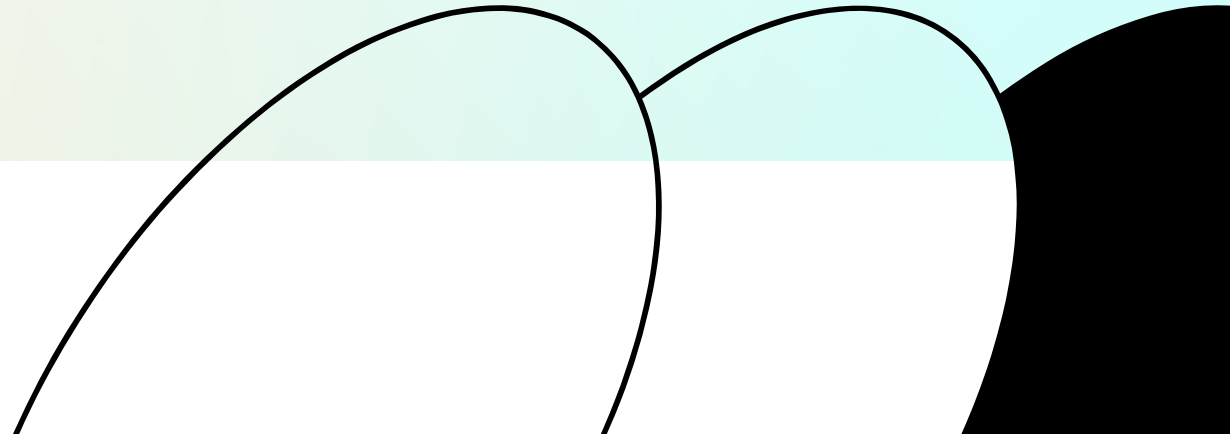




**73% of service
workers had
considered
leaving their
jobs in the last
12 months due
to burnout**



SIGNS OF BURNOUT:

1. “My life is a dumpster fire.”
 2. “I don’t feel like getting out of bed.”
 3. “If I don’t work, I don’t get paid.”
 4. “I feel weighed down.”
 5. “This job is too stressful.”
- 



**You aren't
trained to be a
therapist.**



**But you feel the
pressure to act
like one.**

NEGATIVE EFFECTS OF BURNOUT

ABSENTEEISM



***DECREASED
FOCUS***

***POOR
PERFORMANCE***



***MENTAL
HEALTH
CONCERNS***

***RELATIONSHIP
PROBLEMS***



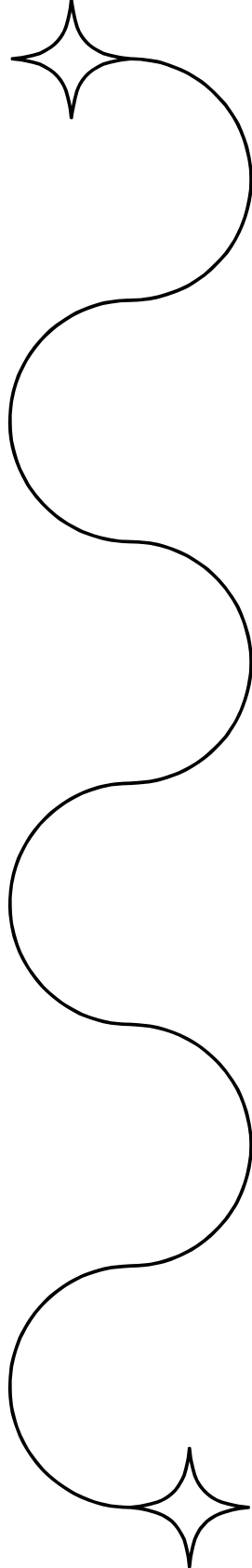
***LOSS OF
REVENUE***



we can help!

Mental Health + Wellness Ambassadors Program



- build on your current skills
 - learn new information
 - practice strategies with guidance and support
 - improve your confidence
 - leave with effective tools and resources to share
- 

BONUS!

We provide tools, strategies, and resources to help
leaders and team members:

- be effective helpers for customers and community;
- improve relationships; and
- continue growing in confidence, wellness, and work-life balance!

MENTAL HEALTH + WELLNESS AMBASSADORS

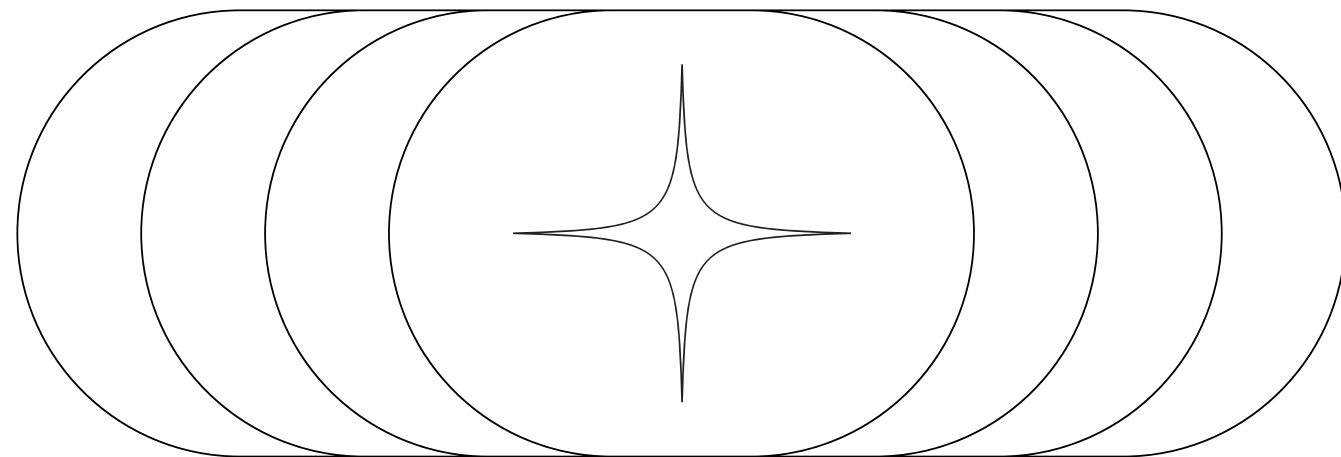
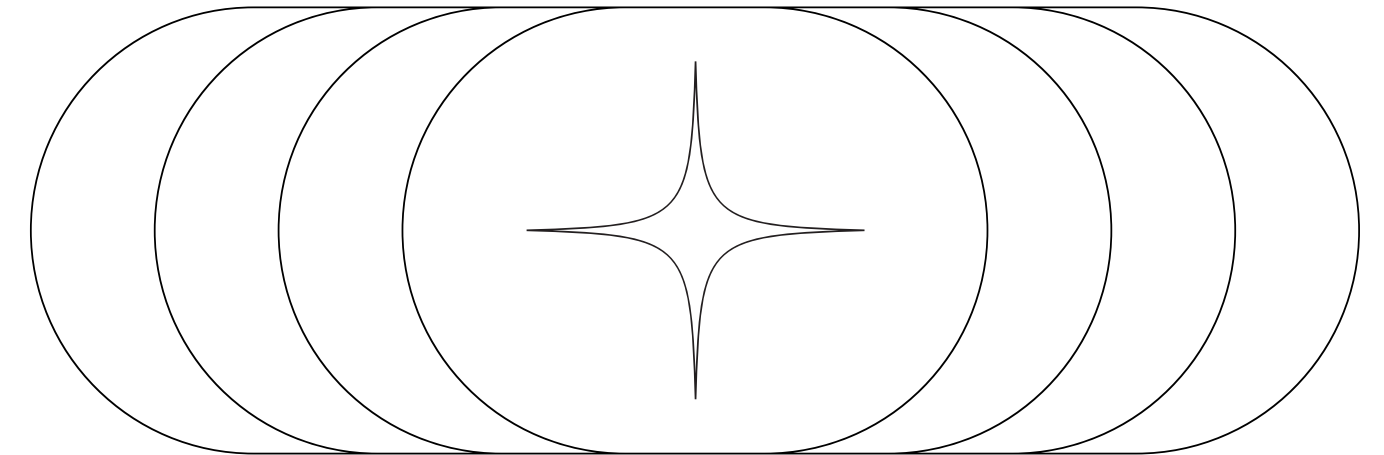
PROGRAM

PRE-WORKSHOP CALL

Prior to the in-person training, we will have a 30-minute pre-consultation call to discuss how we can meet the specific needs of your team.

WORKSHOP

Our 90-minute live program is tailored to meet your specific values, needs, goals and objectives.



FOLLOW-UP CONSULTATION CALL

30-minute call with you after the workshop to exchange feedback and provide you with support in implementing your action plan.

With 15+ years of experience in providing Mental Health + Wellness services, we have helped thousands of people heal, grow, and achieve high levels of success in life, love, and biz!

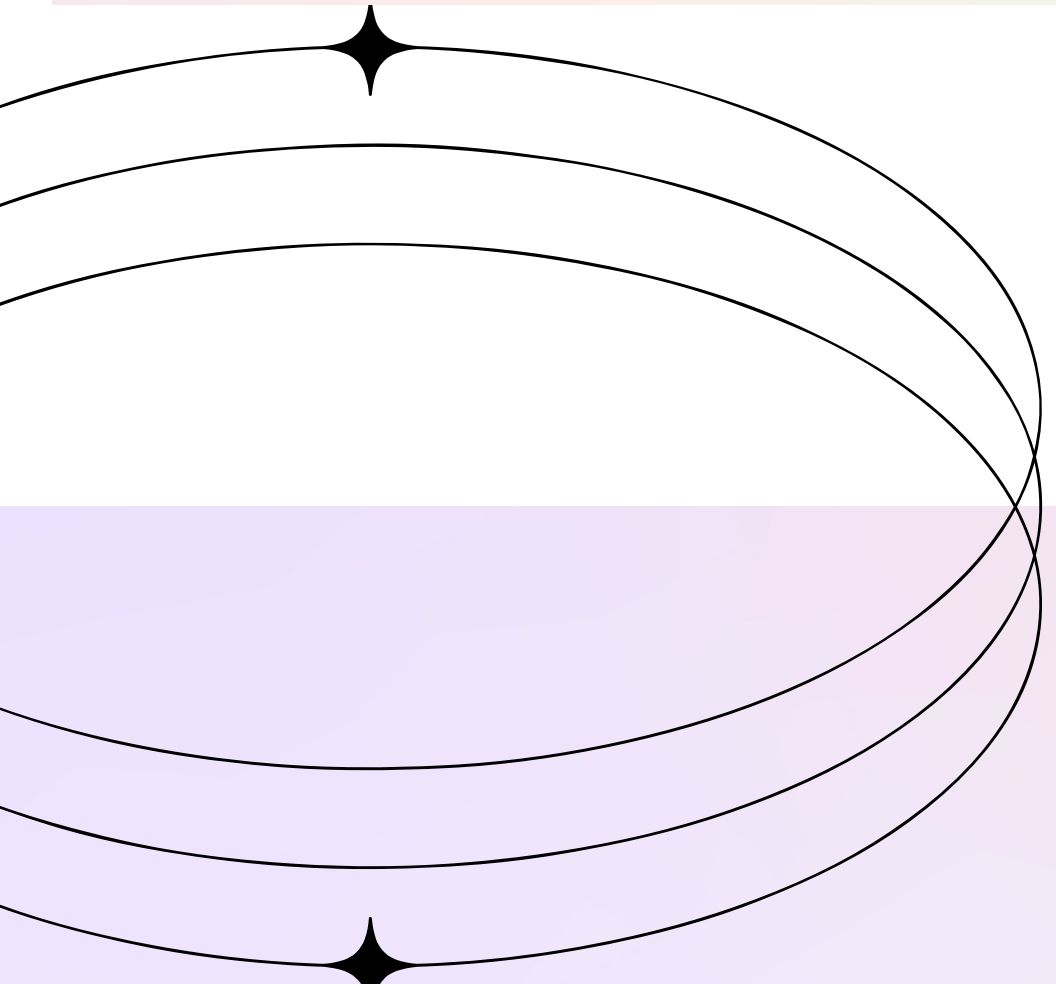


Visionistas **BY DESIGN**
WELLNESS BOUTIQUE 

Mental Health + Wellness Ambassadors
Advocates for Social Justice Diversity, Equity, and Inclusion
Love+Relationship Specialists
PEAK Performance+Leadership Consultants

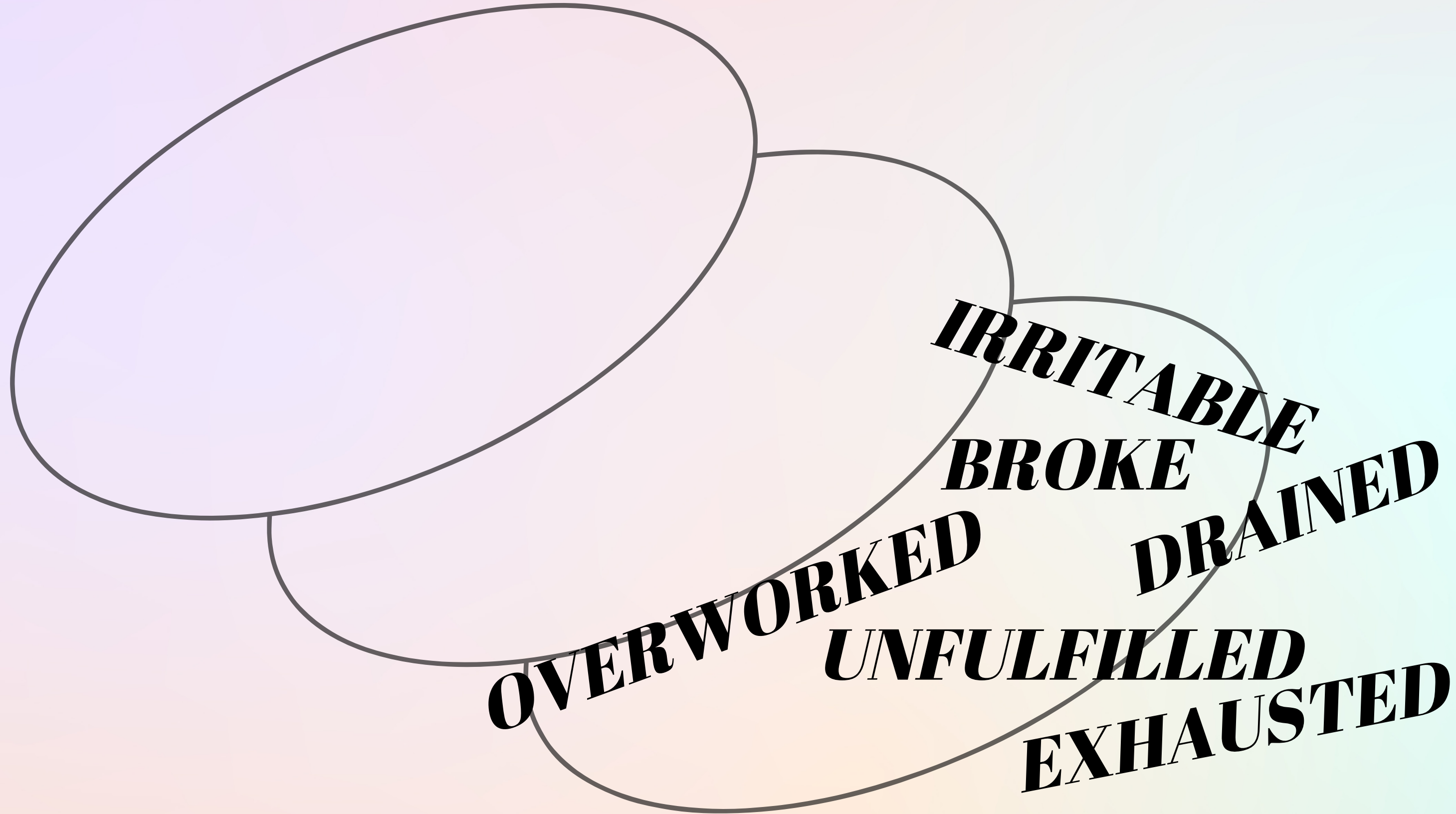


15 E. Walnut Street, Nazareth, PA 18064
www.VisionistasByDesign.com ~ 610-365-5042



Our mission is to empower confidence and healthy, equitable relationships. We help your team build connection and support for themselves, each other, and the community.

DON'T STAY STUCK.



IRRITABLE

BROKE

DRAINED

OVERWORKED

UNFULFILLED

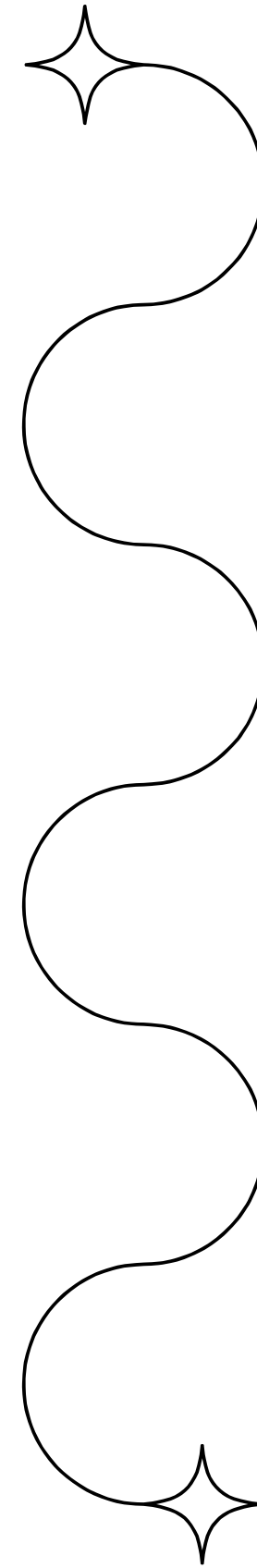
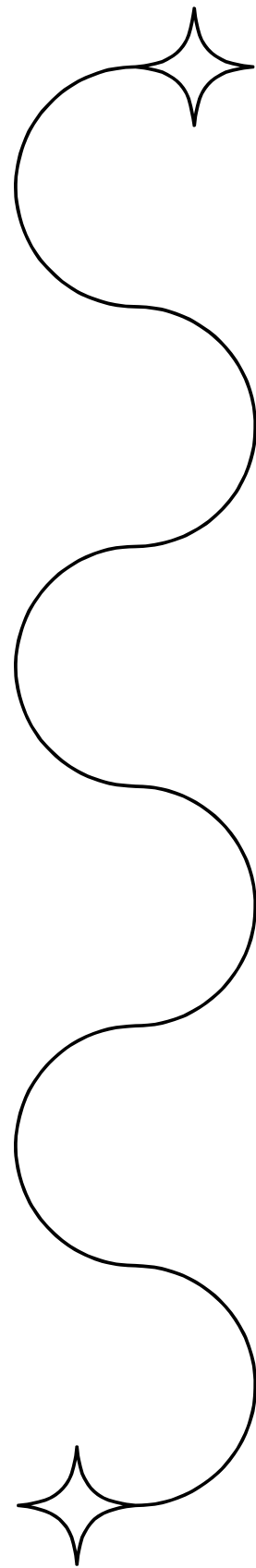
EXHAUSTED

envision:

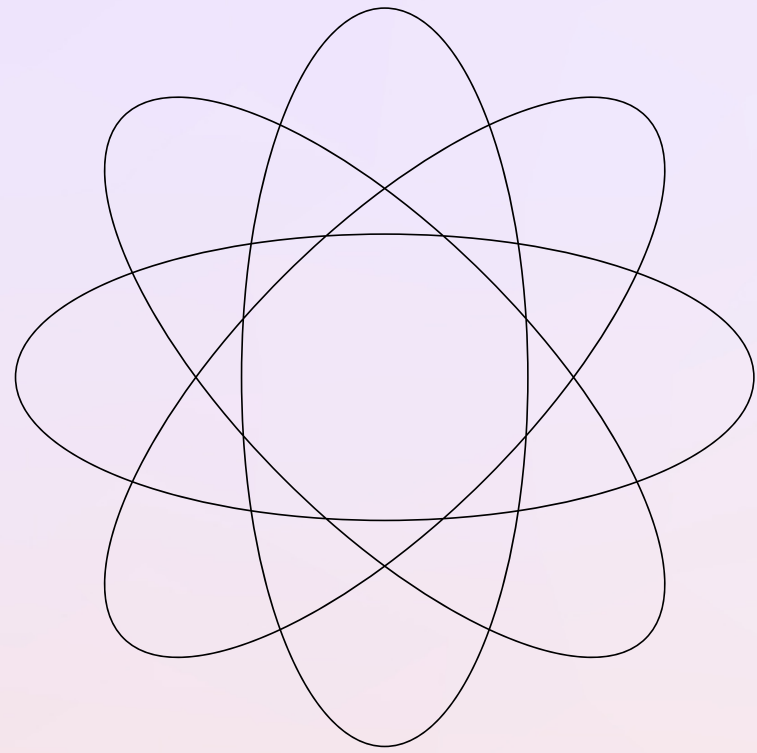


- showing up with enthusiasm!
- greeting customers with (genuine) smiles!
- leading with confidence!
- achieving goals!
- enjoying work-life balance!
- improving team morale!
- building community!

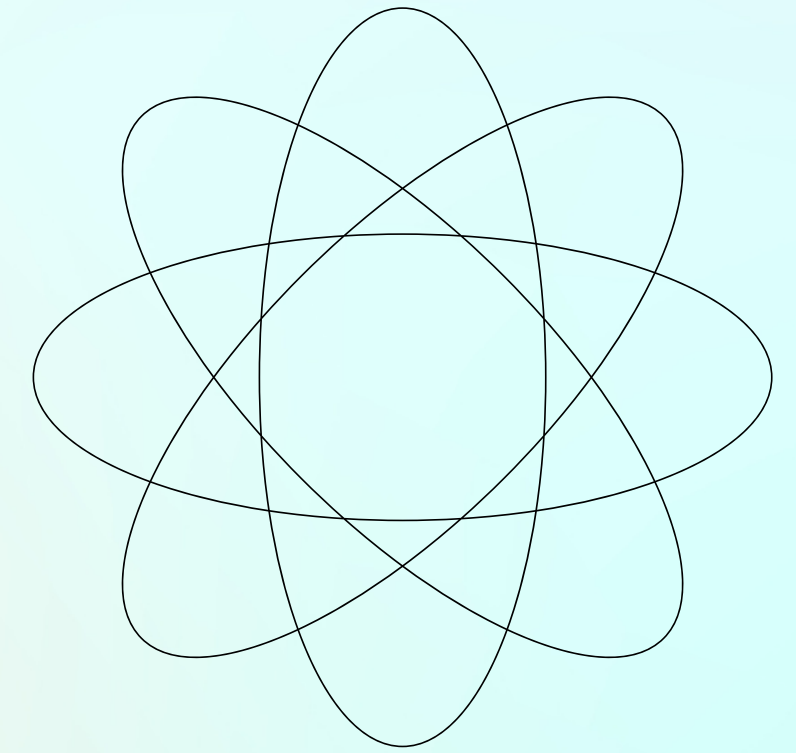
Mental Health + Wellness Ambassadors Program



HELPING OTHERS CAN BE DRAINING.



- You are on the front lines.
- Stop taking other people's negative energy home with you.
- Regain freedom + balance + joy.
- Empower others to do the same!



ENHANCE MENTAL HEALTH + WELLNESS.

LET'S GET STARTED!



Mental Health + Wellness Ambassadors
Advocates for Social Justice Diversity, Equity, and Inclusion
Love+Relationship Specialists
PEAK Performance+Leadership Consultants



15 E. Walnut Street, Nazareth, PA 18064
www.VisionistasByDesign.com ~ 610-365-5042

