



# The Well Firm

*Thrive.*

Mental Health consulting for demanding and high stakes industries



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The Well Firm is a consulting firm specializing in mental health and wellness in demanding and high stakes industries. We are determined to normalize mental health and wellness in those environments and to support companies on a mission to positively change the culture of their industries.

Ensuring our team members have combined clinical backgrounds in psychotherapy, social work, trauma, and crisis management, we with employers to provide healthy options for their employees to manage the stresses of their job, and promote overall physical, mental, and emotional well-being to best succeed in their field.

# Who

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The Well Firm is designed to serve firms such as Financial/Professional, Consulting, Law, Social Justice industries, Start Up Founders, and other key stakeholders in demanding and high stakes professions

# What

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Wellness 1:1s, stress management guidance, and workshops geared to your companies specific needs around mental well being

# Why

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Improve employee well being, increase mindfulness, improve job satisfaction and retention, and cultivate a culture of mental health and wellness

# How

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In person coaching, consulting, and wellness workshops

## Services Offered



### Coaching

The Well Firm offers individual sessions that supports your employees' physical, mental, and emotional well-being. Sessions are 50 minutes in length, focusing life and work related stresses to build confidence, motivation, and productivity in the workplace. You can purchase packages of sessions to be offered individually to your associates.

### Consulting

Focusing on collaboration, The Well Firm offers consulting sessions to increase team efficacy, work relations, productivity, and overall well being to employees on high stress, high stakes industry projects. Consulting sessions must be purchased in packages of 6 or 12 depending on length of project.

### Workshops

Workshops are included in both coaching and consulting packages. Workshops include a variety of topics geared toward mental health and well being.



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# Contact

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