

## ABOUT US

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Since 2017, The Soul Depot, LLC, a Holistic Wellness Company, has centered the wellness of Black Women using various expressive therapies such as Hypnotherapy, Breath Work, Sound Therapy, Meditation, Journaling, Visualization, and Contemplation. Through Group Circles and One-on-One sessions, we have helped mitigate stress, anxiety, mental fatigue, grief, inner child wounds, and overall emotional chaos. After seven years of dedicated service, we are excited to now extend our offerings to corporations, non-profits, and women's organizations. Let us bring healing circles to your organization as we extend safe space for all into the work place.

## CORE COMPETENCIES

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Online/Onsite Wellness and Expressive therapies:

- Wellness and Healing Circles
- Group Hypnotherapy
- Group Reiki for Relaxation
- Breathwork
- Sound Bathing
- Mindfulness Meditation

Interactive Immersive Circle Themes:

- Unseen Wounds at Work: When our inner child shows up at the office.
- Calm Body Calm Mind: Using Self Hypnosis for Anxiety and Stress Reduction
- From Loss to Leadership: Navigating Grief at Work
- MindScape: Powering Productivity with Hypnotic Micro Rest

## POINT OF CONTACT

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## PAST PERFORMANCE

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The New Brooklyn Chamber of Commerce

## DIFFERENTIATORS

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- Customized sessions for each audience
- Compassionate Interfaith Interspiritual Minister welcoming all
- Ability to provide individual and small group aftercare support

## CONTACT INFORMATION

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