



# SELF CARE

CONSULTING COMPANY

*We serve people  
who serve people*

Media Kit 2022

*Dear friend, I pray that you are doing well in every way. I pray that your body is strong and well even as your soul is.*  
3 John 1:2 (NLT)

# About Us



Self Care Consulting Company strengthens and builds the self-care and personal development capacity of individuals, businesses, and associations by providing practical solutions and resources as a partner on the journey.

## We Believe

Increasing efficiency in caring for others requires enhanced capacity and empowered effectiveness in actively caring for yourself.



## Our Why

Those, when needed most, who give much of themselves to others, deserve a precise level of support in their wellness.

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## Our Mission

To establish creative, sustainable, and adaptive solutions for helping professionals compassionately committed to service and ministry.

## Our Vision

To emerge as the leading partner in self-care and personal development for helping professionals committed to the service to self for more excellent service of others.





## Our Core Values

### **Accountability**

We believe accountability strengthens our clients' capacity and capabilities in both their competencies and commitments.

### **Quality**

We deliver results and executive-level solutions through unsurpassed service, leading to a transformative and sustainable impact on individuals, organizations, and associations.

### **Collaboration**

We work together to achieve the best outcomes through an active partnership with our clients to deliver exceptional solutions.

### **Integrity**

We believe and adhere to the highest standard of integrity while providing service that prevents the sacrifice of personal and professional growth.





# Why We Exist

Professionals are often left breathless and searching for a way to transform their lives and develop their ability to serve deeper as they move forward.

There is a growing demand to re-imagine the focus of organizations' strategies and interventions to reduce burnout and raise enterprise productivity through softer interventions for their most significant asset - people.



As a result, the call to action created Self Care Consulting Company.

*SC3 doesn't focus on the impact of your employee's productivity; we focus on the outcomes they create to impact their lives.*

About 35% of employees report believing self-care is possible for those with enough money.

*-HealthLine*

US businesses lose up to \$300 billion yearly as a result of workplace stress.

*-American Institute of Stress*

Work-related stress results in \$190 billion in health care costs annually

*-American Institute of Stress*

80% of employees in the US are stressed as a result of ineffective company communication.

*-Dynamic Signal*

51% of US workers are mentally not engaged or "checked out" at work as a result of stress, leading to a loss of productivity.

*-Gallup's State of the American Workplace Survey*





83% US employees suffer from work-related stress.  
-*Gallup's State of the American Workplace Survey*

80% of US employees spend 12-20 hours per month dealing with financial concerns at work.  
-*International Foundation of Employee Benefit Plans*

Only 43% of US employees think their employers took their work-life balance into consideration.  
-*American Institute of Stress*

Over 20% of workers spend more than five hours of office time weekly thinking about their stressors and their worries.  
-*Colonial Life*

Research shows many people misunderstand what effective self-care is and how they can best benefit from it. -*HealthLine*

Only four in 10 workers who report stress to their employer are offered some kind of help.  
-*Anxiety and Depression Association of America*



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# Our Solutions

Self Care Consulting Company takes the work of self-care and personal development very seriously and provides solutions focus specifically on wellness rather than productivity.

## Organizational Consulting

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Organizational Consulting offers businesses, organizations, and associations an opportunity to engage, create, and sustain a practical plan for their greatest asset\_ -their people. We strive together to impact the immediate needs and long-term goals through our consulting partnership.

With courageous leaders, who partner with Self Care Consulting Company, we co-create customized strategies and solutions to shift and effectively impact their ability to thrive with innovatively powerful, sustainable outcomes.

## Executive Coaching

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Executive Coaching is for professionals ready to prioritize their wellness to care for themselves. Self Care Consulting Company's approach to executive coaching uses the tenets of Positive Psychology as a tool for professionals ready to engage in the process of personal and professional harmony.

As your trusted partner, we use practical experience with each of our clients to create a strategy and solution for the most effective and impactful results based upon their needs and not the organization.

# Strategic Learning Opportunities



Our learning environments are collaborative engagement partnerships with organizations and associations committed to strengthening the capacity and engaging in the transformation of their teams. We develop training and workshop courses to support the happiness, well-being, and productivity of professionals, leaders, and organizations.

Opportunities are grounded in relevant community and historical data, providing a resourcefully creative focus on the well-being of Help Professionals. Through expert facilitation, clients emerge changed with new capacities in thinking and prioritizing their wellness.

*Due to Covid-19, all Strategic Learning Opportunities are currently migrated to the virtual format through March 2022 to suit our community's health and safety during these challenging times.*







# Our Effect

We align with individuals, organizations, and associations to broaden the horizon towards powerful and sustainable impact, which ultimately changes the lives of professionals who serve others.

## » Short Term Impact

- Strategically unique data-driven Self Care Models
- In-depth relationships and enhanced collaborations to foster new insights, meaningful commitments, and new approaches
- Impactful initiatives designed to shift mindsets and create narratives with a shared language and understanding for personal and professional growth

## » Long Term Effect

- Sustainable and positive impact for organizations, businesses, associations, and communities.
- Smarter policies, rules, and regulations to effectively engage organizational culture and capacity.
- Limitless possibilities for expansion, integration, and effectiveness.



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Complexities involved when providing services to others in our ever-changing world require strategic and intentional partnerships. Self Care Consulting offers practical solutions and resources to co-create with you on the journey.

Are you interested in working together?

Let us know more about your needs and how we can support you at [Contact@SelfCareConsults.com](mailto:Contact@SelfCareConsults.com) to set up a consultation.



**Naomi P Washington, MA., President**  
Certified Personal and Executive Coach  
International Coaching Federation, Member



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