

## Pricing

**All workshops are fee for the service, which is based on the length and duration of the services needed. Workshops can be tailored to specific clients' needs.**

**Please contact for pricing.**

**[contact@everythingessencewix.org](mailto:contact@everythingessencewix.org)**

## Our Mission

It is to teach others how to heal, break free from, and release traumatic life experiences to promote congruence and purposeful living while eliminating health disparities.

We utilize motivational speaking to raise awareness about past traumas and stressors that are still present in our lives, and teach individuals how to cope with and manage these issues effectively. We teach "not to let your past be your present" and how to separate the two to promote healing and self-awareness for a balanced future.

We help businesses cultivate a workplace culture that respects and values individuals regardless of their race, disability, religion, gender, or sexual orientation. I offer consulting services to help businesses grow and retain employees for long-term success through interactive team-building group exercises, training, and workshops for all business sizes and models.

We use performance art through music and poetry to relax the audience and create an interactive, holistic environment to promote emotional, mental, spiritual, and physical health and well-being.

We help youth envision a bright future beyond their environmental circumstances to combat challenging health disparities.

We help parents balance work/life stressors, improve family dynamics, address generational traumas, and overcome internal struggles.

Everything Essence Consulting Services LLC.  
Educational Support Services  
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We offer Interactive Team-Building group exercises for adults and youth, Youth programming, Parent engagement workshops, non-credit course content creation, hiring of support staff for organizations, and Staff training development/workshops.

### Interactive Team-building Group Exercises

For businesses and organizations, from the corporate world to the youth center. Our team building workshops are one to two hours in length and contain a written/oral format, and physical activities to increase morale, cooperation, and teamwork.

### Non-Credit Course creation

Courses are created specifically for your organization's developmental needs. These courses can be offered at Community Colleges, High schools, and/or Community agencies.

### Hiring of Support Staff/Staff training

Trauma-informed care, Leadership Training and Development workshops, and the hiring of support staff to meet your organizational needs in various industries.

### Staff training includes:

Trauma-informed care, Leadership Training and Development

### Youth programming includes:

The Youth Motherhood/Fatherhood Program  
"Conversations and Careers" programs for 9<sup>th</sup>,10<sup>th</sup>, and exposure to entrepreneurship and scholarships for 11th-12<sup>th</sup> grade students.

Bereavement book readings to grades K-2  
(for grief and loss support)

### Parental Development/Supportive Services include:

Trauma-informed grief/loss support workshops, parenting skills, childhood development/behavior, coping skills, and community resources support.

## Meet our Program Director



**Ms. Nadiyah "Essence" Vance**  
Author/Motivational Speaker/Facilitator  
Program Director of  
E.V.E.E. Consulting Services LLC.

She uses her experience as a community-based nonprofit worker, social worker, parent facilitator, former correctional officer, mother, and child/family services worker to help people reframe past traumatic experiences and create new opportunities for a brighter future.

She has experience in the Human services field, specializing in individual and group counseling. Nadiyah's mission is to combat health disparities in low-income communities to improve the quality of life of disadvantaged and underserved populations by encouraging them to embrace change from within through various DBT and CBT techniques.

She teaches parents about forgiveness, self-love, supportive structures, community resources, and perseverance. She addresses the issues that people struggle with within themselves, such as depression, PTSD, Intergenerational patterns, abuse, stress, burnout, work/life balance, forgiveness, and resilience. She mentors youth in overcoming obstacles such as socioeconomic disadvantages and violence in the City of Philadelphia.

She addresses the issues that people struggle with within themselves, such as depression, PTSD, Intergenerational patterns, abuse, stress, burnout,/life balance, forgiveness, and resilience. She facilitates staff trainings and workshops for the professional development of companies, bringing awareness to various ethnic traditions, promoting comprehension, and developing behaviors that foster a cohesive and properly structured workplace environment, ensuring equal inclusion for all employees without prejudice. She facilitates staff trainings on trauma-informed care, self-care practices, and an understanding of clients' needs in social services to prevent health disparities.

## Youth Programs

### Youth Motherhood/Fatherhood Program

We teach child development, parenting skills/techniques, self-care, behavior modification, discipline, communication skills, and life skills, and share community resources to support young fathers and mothers in need.

**Scholarships 11<sup>th</sup> & 12<sup>th</sup> grades**  
need-based scholarship for one select student yearly who writes a 500-word essay, and is an avid volunteer in their community, valued at \$250.00.

### "Conversations and Careers"

A 4-week program to build self-esteem, creativity, vision, and entrepreneurship, featuring exposure to local business owners and professionals, packed with practical knowledge and advice from real-world experience, and motivational speaking.

Financial literacy information and scholarship information from community resources are shared to help our young people prepare for their future.

### "I Matter"

We teach youth how to have healthy relationships with themselves and others through self-care methods and group activities, utilizing affirmations, popcorn activities as icebreakers, open dialogue, and creative writing exercises.

I am available for children's bereavement book readings of "Sister My Sister" for grades K-2 to help young children process grief and loss.

Youth programming is made possible through the generosity of donors. We rely on donations to establish a nonprofit organization that can fund our youth programs in the future.

Thank you in Advance.

## Staff training

### Trauma-informed care, Leadership Training and Development

#### Challenge Yourself on How to Get to the Next Level

For career development and professional growth, the goal is to promote team building, enhance skills to increase promotional opportunities, and utilize the resources within their company that support career development and work-life balance management.

### Cultural Competency in the Workplace

For the professional development of companies to raise awareness of various ethnic traditions, promote comprehension, and foster behaviors that incorporate a cohesive and properly structured workplace environment, ensuring equal inclusion for all employees without prejudice.

We facilitate staff trainings on trauma-informed care, self-care practices, de-escalation techniques, verbal and non-verbal, and an understanding of clients' needs in social services to prevent health disparities.

### Non-credit Course creation

These workshops enrich people with the tools that are needed to create a stronger sense of self, heal from past traumas, manage stress, strive to improve career goals and opportunities, redirect triggers, organize/control thoughts, feelings, behaviors, and emotions while facing themselves through vulnerable truths to promote overall mental/emotional health and well-being. Peer-reviewed and audiovisual materials are used to establish an evidence-based foundation and the necessity of the workshops. The courses can be created for workplace environments, government agencies, community colleges, high schools, and other community agencies.

### Interactive Team-Building Group Exercises

Put interactive team-building group workshops for youth and adults to the test for your organization. These workshops are one to two-hour sessions with a variety of games that you can choose from while teaching conflict resolution, team-building, cooperation, trust, character building, and promoting exercise. The format for the programs divides the room into two groups with a written/oral portion, an obstacle course, and an elimination process.

## Parental Development/Supportive Services

Trauma-informed grief/loss support workshops, parenting skills, childhood development/behavior, coping skills, and community resources support.

### Parenting with a Purpose program addresses

### Adverse Childhood Experiences (How to Make Them Work for Good)

For parenting/family service center agencies to help parents understand their child's development, the parents' history of behavior and development of intergenerational trauma patterns, behavioral techniques, de-escalation techniques, self-care resources, and communication skills to improve the temperament of the home environment and promote cohesiveness as a family unit to prevent/lower the risk of ACES.

We teach parents the art of forgiveness and giving themselves grace. I teach evidence-based parenting skills, using the Satir model and the Bowen Family Systems theory, in conjunction with my social work experience.

We teach parents how to manage work and home life stressors and how to develop techniques to have an optimal home environment to promote emotional, mental, physical, and spiritual health and well-being for themselves and their children to prevent ACES (adverse childhood experiences).

### Grief/Loss Trauma-Informed workshops (for children and adults)

### A Combined group with children and parents

I can present these virtually or in person. Support, goal setting for the healing process, self-care techniques, comforting techniques, coping mechanisms, resource sharing, and communication techniques are used in a group format with an emphasis on person-centered care.

We will explore the learning process of new emotions related to grief/loss, how to accept grief, how to allow healing, and how to forgive.

Visit my website for book purchases:  
<https://www.everythingessencewix.org>

"Sister My Sister"  
"Layers of a Single Mother, My Past is not My Present"  
"Believe in Yourself"

We hope to make a difference in your community's lives.

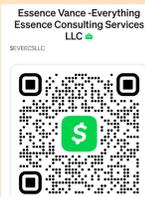
"Your Past is Not Your Present"

If you would like us to host any of our programs at your organization Please get in touch with us at

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or

[contact@everythingessencewix.org](mailto:contact@everythingessencewix.org)



(Donate Here)

