Śraddhā Laura Dorsett, MTS

itsallgrace@sarvala.com

www.sarvala.com

(301) 652-3307

Corporate Mindfulness Consulting Testimonials

Unless specified, feedback was collected via anonymous surveys and includes comments from employees of the following companies and government agencies:

* Verisign, Inc.
* Organization of American States
* OAS Federal Credit Union
* Improbable, Inc.
* PM pediatrics
* Healthy Directions, Inc.
* Childrens’ National Hospital

CLASS TESTIMONIALS:

“That half hour was almost a lifesaver - for 30 minutes, with a minimum of effort, you could disengage from the world and set your feet back on the ground. Also, several lessons for meditation I learned, I have been able to put into practice.”

“Classes are not too long and very effective.”

“Śraddhā's meditations bring peace and a space for clarity. After a meditation session with her, I return to work feeling rested and settled. I feel more productive.”

“We are so delighted and strongly feel that your contributions through meditation have positively impacted the mental and emotional health of our personnel during this quarantine."  - Arilma St. Clair, *Organization of American States*

“[Śraddhā’s classes] help me to address problems more dispassionately, analyze situations from different angles, and prioritize the needs of the organization and my co-workers.”

“I am extremely comfortable with Śraddhā’s ability to impart knowledge mixed with the right touch of humor.”

“I actually look forward to these sessions. Śraddhā is extraordinary, she is able to connect at a different level with the participants and makes these sessions more valuable than listening to any other meditation (I have tried other guided meditations). The sessions are all different, which increases the anticipation of “what’s next?” It is not only a meditation class, since she works on making you aware of your state of mind, your body, etc. Overall, it is a complete program – very well designed.”

“Every class there is a new technique or perspective. It helps me to open up to new ways of thinking in a more positive way.”

“I so enjoy Śraddha’s meditation sessions – thank you!   At the first session, I started it with uncomfortable back pain, and by the end, it was gone. Very grateful.”

“Mindfulness classes have been helpful for me during the pandemic to balance stress. I love the classes, thank you for your help!”

“I really enjoy the guidance that Śraddhā gives, and she is a wonderful mentor on guiding us to find more peace in our lives.”

“This summer marked the third year of you being everybody at HD’s favorite meditation teacher!” - Amina Sarraf, *Healthy Directions, LLC*

CORPORATE ONE-ON-ONE TESTIMONIALS:

“Honestly, I feel like I have my own Wendy Rhoades (*reference to HBO’s ‘Billions’*)! Having Śraddhā as a resource helps me to feel confident that I can deal with the next challenge that is coming down the road. It’s been a very stressful time, and I am so grateful to the OAS Credit Union for making these sessions possible for us.”

“My one-on-ones with Śraddhā are really, really helpful. I appreciate the accountability of checking in with her on a regular basis.”

“I always feel so much lighter after our calls.”

“Somehow, Śraddhā guides me to have a more neutral and calm view of whatever is going on – and I am not a calm person! For example, recently I have been having back pain, and Śraddha’s guidance not only helped to relieve it, but also is helping me to take it less seriously. It’s hard to explain, but I can focus more on what is happening in the moment and I am less distracted by it.”

“When I started seeing Śraddhā, I was very depressed due to a personal problem. After seeing her regularly, I have been able to let go of the past that was really weighing me down. I feel like I am fully IN my life for the first time.”

“Śraddhā’s practical suggestions – keeping a gratitude journal, for example – have changed my life. I had not realized how negative my thinking had become. She also suggested a book that is a gamechanger for me. She provides practical resources to keep me positive and always knows the most helpful thing to address during our sessions.”