Śraddhā Laura Dorsett, MTS

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Corporate Mindfulness Services // Private Sessions

* 30-minute one-on-one mindfulness sessions that provide individualized support for stress reduction and wellbeing
* Individualized follow up support is included, including guided meditations for home use

Benefits:

* Support your employees’ wellbeing by providing an individualized approach to reducing and managing stress
* Your employees receive expert, individualized guidance in applying mindfulness strategies to their life
* They learn customized tools to reduce stress, tailored to them
* They receive follow up tools and guidance to support long term change in the form of guided meditations and other resources.

Logistics:

* Sessions are 30-minutes over Zoom
* To schedule a private mindfulness session:

1. Employees contact point-of-contact to request appointment
2. Point-of-contact contacts me, copying employee
3. I provide a link to my online booking calendar for employee to schedule directly

* Company receives:

1. Weekly invoice to point-of-contact for that week's sessions
2. A survey instrument for your company to determine value of individual sessions

* Companies frequently institute a limit on number of sessions per week to keep costs under control, and we discuss my availability as well, to determine maximum sessions per week/month. Maximum number of weekly/monthly private sessions is included in Service Agreement.
* 24-Hour Cancelation Policy:  No-shows or sessions cancelled with less than 24-hours' notice are charged the full amount of the session.

Rates:

Monthly Class Contract: $75/session

Quarterly Class Contract: $65/session

Annual Class Contract: $55/session

Corporate Mindfulness Privates // 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 for making these sessions possible for us.”

“My one-on-ones with Laura 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 Śraddhā’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.”