

# CAPABILITIES STATEMENT



We're the Leading Authority in Equipping Executives with the Resiliency & Mindset Skills They Need to Effectively Lead Their Teams.

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Our mission is to create more inclusive workplaces through strategic development, leadership design, wellness solutions and social impact.

## SOLUTIONS

### Learning and Development

- Inclusive Leadership
- Team Building & Resiliency
- Change Management & Adaptability
- Critical Thinking
- Executive & Team Coaching
- Keynote Speaking

### Strategic Planning & Cultural Design

- Psychological Safety
- Ethics & Anti-Harrasment
- DEI Strategic Solutions
- Cultural Sensitivity
- ESG Design
- Assessments & Pulse Surveys

### Wellness Solutions

- Wellness Retreats
- Wellness Consulting & Strategic Planning
- Positive Psychology
- Wellness Fairs
- 12 Month Mini Wellness Series

## FOCUS AREAS



Nonprofit | Government  
Higher Education  
Insurance | Healthcare



Financial Services  
Hospitality | Travel  
Professional Services

## COMPANIES WE SUPPORT





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## DIFFERENTIATORS

- 25 years in Personal & Executive Development
- ICF- PCC & MCC Certified Coaches
- WBENC & MBE Certified
- Diversity, Equity & Inclusion Certifications
- Keynote Speaking for Summits & Leadership Meetings
- Franklin Covey™ The 6 Critical Practices for Leading a Team
- The 4 Stages of Psychological Safety™ Certification
- Certified Stress Management Trainers
- Converting Challenges Into Opportunities Certification
- Certified Clinical Hypnotherapist
- Global Services: In-Person and Virtual

## 5 KEY TIMES CLIENTS CALL ON US

- When you need learning and development to reskill and upskill employee capabilities.
- When employees are underperforming and can't keep up with change or companies growth.
- When you need to develop leadership resilience and design foresight strategies for effective actions.
- When you need to create actionable plans that mitigate risks and cultivate company culture.
- When leadership is underperforming and experiencing burnout and reporting they are stressed.

## CASE STUDY

Global Fortune healthcare insurance provider committed to providing exceptional healthcare services.

### CHALLENGE:

The company was committed to finding a solution that would help their employees manage their stress more effectively, prevent burnout, and increase retention.

### SOLUTION:

Delivered a customized 12 part | 30 minute monthly series for over 360 employees which included topics such as mindfulness, stress management, mindset, self-awareness, and meditation.

### RESULTS

After finalizing a series of trainings, company reported 39% improvement in employee turnover, employees committed to their well-being, and reduced stress and anxiety levels.

12,577

Satisfied Clients

357

Events

59,920 +

Hours of Consulting | Coaching

