



# VIBRANA CONSULTING

## *What We Do*

We bring relief to high pressure environments by combating loneliness and burnout through connection, communication, and collaboration through a culture built on trust.

## *Why Hire Us?*

Our goal is to help you maximize your company's #1 asset - your human capital. We put the wellbeing into organizations so your mission, and people, can thrive. Welcome to effective consulting with heart!

## *The Results*

It's simple - when the combination of wellbeing practices and connection in team happen - RESULTS happen. We use a unique and proven approach that creates:

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| <ul style="list-style-type: none"><li>• <b>MEASURABLE:</b></li><li>• Better Employee Retention</li><li>• Higher Employee Satisfaction</li><li>• Greater Customer Satisfaction</li><li>• Increased Creativity</li><li>• Better Efficiency</li><li>• More Productivity</li><li>• Profits and Growth</li><li>• Benefits Cost Reduction</li><li>• Better Health</li><li>• Burnout Prevention</li><li>• Increased Clarity</li></ul> | <ul style="list-style-type: none"><li>• <b>FELT:</b></li><li>• Relief</li><li>• Rejuvenation</li><li>• Less Stress</li><li>• More Connection</li><li>• More Joy</li><li>• Ease</li></ul> |
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## *The Solution*

Greater impact begins with deeper human connection and prioritizing wellbeing. When both are built into a team with intention, the full potential of an organization rises. You give permission and motivation for your employees & company to thrive!



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## *The Program*



### *Phase I*

#### *Connection*

Phase one creates a safe container to tap into empathy and compassion for self first, then others. It's from this place you learn to create intentional states of being for deeper connection and greater communication to make the impact in your business and the world you so desire.

We'll teach tools that bring awareness to your own blocks and how to quickly process through them so you can effectively and efficiently move forward - these blocks are one of the most common ways we inhibit growth and forward movement in organizations.

You'll learn the cycles of connection and how to optimize them in business relationships. We introduce how the badges we wear and secondary gains we receive from them get in the way and how to work around them. Phase 1 provides the tools for deeper connection and lays the path to greater impact and results.

#### *Communication*

Phase II teaches you about external points of connection and how to optimize them in communication. This is where heartfelt connections leads. We teach you how to hold effective conversations with intentional connection & outcomes. We provide a method for consistent and open feedback sessions with each other.

We'll take you on a journey through a Personality Matrix and teach you how to work with and have compassion for different personality types. We'll show you how you operate in the world, where it can hinder you, and where it serves and supports.



### *Phase II*



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## *The Program*



### *Collaboration*

In Phase III we'll evaluate and troubleshoot what's happening in your organization as you apply phase I & II tools in everyday interaction in your organization. This is the phase where the rubber meets the road. We'll guide you through the ups and downs as these new tools become integrated in the daily environment of your organization. We'll guide and hold accountability as space is created for each employee to embrace the process.

### *Creating the Cultural Experience*

Phase IV is all about guiding your organization to embodying this heart-centered, connected, collaborative and thriving culture! We'll create multiple check points and open feedback sessions for your organization to deepen the culture and give it roots so it becomes the foundation from which everyone operates. The key to creating your desired culture is living and breathing these methods daily while creating a safe container for everyone to bring their full expression! When this happens, your human capital and business **THRIVES!**





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## MEET THE TEAM

### *Erika Shepard, MSN*

Erika is a consultant, speaker, and holistic personal development expert. She spent almost a decade working on the front lines in the medical field as a nurse and nurse practitioner, mainly in psychiatry and trauma nursing. She has received additional training in Mind Body Medicine and practiced holistic healing in her private practice for 3 years. She is a Summa Cum Laude graduate of Arizona State and Georgetown University. Erika loves to connect with her fellow humans heart to heart, be outdoors, world travel, living in a tiny house, geeking out on her latest obsession, and laughing the loudest.



*CEO & Co-Founder*



### *Laurie Schible, CMC*

Laurie is a certified Master Coach who specializes in mindset and emotional embodiment tools to create transformational change for men and women who desire more out of life. She creates a magical dance between your head, heart and soul that artfully lands all three into alignment while holding powerful space for you to step into your greatness! Laurie spent 20 years in Corporate leadership for fortune 200 and private companies and has become a human connection expert. She graduated from Indiana University and ultimately made Charlotte, NC her home with her husband and two kids. Laurie lives to laugh, performs improv as a hobby and loves to travel and immerse herself in local culture wherever she lands!

*CEO & Co-Founder*