

An abstract graphic at the top of the page featuring several stylized hands in various colors (grey, white, black, brown) reaching upwards. The hands are set against a background of concentric, wavy lines in shades of orange, yellow, and dark blue.

Capacity Building

An abstract graphic at the bottom of the page featuring several stylized hands in various colors (white, brown, grey) reaching upwards. The hands are set against a background of concentric, wavy lines in shades of orange, yellow, and dark blue.

Capacity Building

PROFESSIONAL DEVELOPMENT WORKSHOPS FOR STAFF:

Understanding ACEs (Adverse Childhood Experiences)
Social Determinants of Health 101: How Environment Impacts Outcomes
Working with People Who Are in Survival Mode
Terminology, Trends & Tools from the Field of Human Services
Preventing Burnout: Recognizing the Signs Before Your Flame Goes Out
Emotional Regulation: Check Yourself Before You Wreck Yourself



PROFESSIONAL DEVELOPMENT PROGRAMS FOR STAFF:

Recharge & Refresh: Restoring Energy in the Helping Professions
Helping with Professionalism: Creating a Professional Experience at Work
Client Connections: Practical Skills for Working with People in Crisis

WORKSHOPS FOR COMMUNITY:

Healthy Relationships
Reflections: The Impact of Thoughts, Decisions & Actions
Navigating the Workplace: Professionalism & Communication
Understanding Food: Real Food vs. Ultra Processed Food
Healthy Money Basics: How to Manage Money



PROGRAMS FOR COMMUNITY:

Feel Better, Live Better: A Health and Wellness Program
Step by Step: Building the Life You Want, One Step at a Time
Heart Work: Developing & Rebuilding Healthy Relationships

Don't see something listed?
Reach out and let's
make one to serve
your needs,
together.

Professional Development Workshops *for Staff*



Understanding ACEs (Adverse Childhood Experiences)

This trauma-informed workshop helps professionals in recovery, mental health, education, and other helping fields understand the lasting impact of Adverse Childhood Experiences (ACEs). Participants will explore how trauma shows up in clients and staff, and learn practical strategies to respond with empathy, boundaries, and awareness.

Participants will learn:

- Key insights into ACEs and their long-term effects
- How trauma may appear in work environments
- Grounding and boundary-setting strategies
- Tools to support safer, more responsive care



Social Determinants of Health 101: How Environment Impacts Outcomes

This foundational workshop helps professionals in helping fields understand how factors like housing, income, education, and access to care shape health outcomes. Through real-world examples and group reflection, participants will explore how social and environmental conditions impact both clients and communities—and how to better respond in their roles. Designed for staff working in recovery, mental health, education, peer support, and social services.

Participants will learn:

- What social determinants of health (SDOH) are and why they matter
- How poverty, housing, and access influence behavior and wellness
- The link between environment and client outcomes
- How to respond with awareness, empathy, and practical action

Professional Development Workshops *for Staff*



Working w/People Who Are in Survival Mode

This practical workshop helps professionals better understand and support clients living in crisis. Sharece shares her lived experience—both as someone who once relied on public services and as a case manager—to shed light on how survival mode impacts behavior, trust, and decision-making, and how to respond with clarity, compassion, and strategy.

Participants will learn:

- Key signs and behaviors of survival mode
- Communication strategies that reduce friction
- Tools for effective service delivery under pressure
- Tips to maintain boundaries and avoid burnout



Terminology, Trends & Tools from the Field of Human Services

This informative workshop offers a current snapshot of the evolving human services landscape, with a focus on sectors such as addiction, recovery, mental health, and workforce development. Participants will explore updated terms, emerging service trends, and practical tools to stay relevant and effective in their specific areas of practice.

Participants will learn:

- Updated and inclusive terminology used in human services
- Emerging trends in addiction, recovery, mental health, and workforce services
- Tools and resources that support effective, person-centered care
- How to adapt to shifts in language, systems, and client needs

Professional Development Workshops *for Staff*



Preventing Burnout: Recognizing the Signs Before Your Flame Goes Out

This reflective and practical workshop helps professionals in high-stress roles identify early signs of burnout and take proactive steps to protect their energy and well-being. With a focus on helping fields such as addiction, recovery, mental health, and workforce development, participants will walk away with tools to create healthier boundaries and sustainable habits.

Participants will learn:

- Early warning signs and symptoms of burnout
- How stress builds up in service-based roles
- Practical strategies for daily renewal and energy protection
- Ways to create boundaries and self-check systems for long-term wellness



Emotional Regulation: Check Yourself Before You Wreck Yourself

This interactive workshop explores the importance of emotional regulation for professionals working in high-pressure environments like recovery, mental health, addiction services, and workforce development. Participants will learn how to recognize their own emotional triggers and apply practical tools to remain grounded and effective—even during challenging interactions.

Participants will learn:

- The connection between stress, triggers, and emotional response
- How to recognize and regulate emotions in real-time
- Techniques to de-escalate internal reactions before they impact others
- Tools for maintaining professionalism and emotional balance in tough moments

Professional Development Programs *for Staff*

Recharge & Refresh: Restoring Energy in the Helping Professions



This program offers a powerful reset for helping professionals through monthly interactive sessions designed to boost morale, creativity, and professional growth.

These high-impact blocks of time allow staff to step away from daily demands and engage in meaningful, energizing professional development. Each session blends creative expression, wellness practices, and real-world strategies to support emotional regulation, prevent burnout, and restore purpose in the workplace. From reflective writing to guided discussion and practical tools, this experience is both nourishing and transformative.

Program Features:

Monthly creative and interactive professional development sessions
Focuses on emotional wellness, workplace dynamics, and renewal
Helps to boost staff morale and improve service delivery

Sample Session Topics:

Release to Refocus: Letting Go of Mental Clutter
Self-care & the 8 Dimensions of Wellness
The Art of the Pause: Simple Reset Practices for Daily Life
Creative Tools for Emotional Regulation
Finding Meaning in the Mission: Reconnecting to Your Why

Virtual or In-Person

1x per Month for 3, 6, or 12 Months

Tailored to fit your organization's goals and staff needs

Professional Development Programs *for Staff*

Helping with Professionalism: Creating a Professional Experience at Work



This practical and empowering program helps staff in the helping professions build a strong foundation of professionalism rooted in respect, accountability, and intentional workplace habits. Each session encourages participants to reflect on how they show up, how they communicate, and how their presence impacts both clients and coworkers. Using interactive strategies—including guided discussion, creative reflection, and scenario-based role play inspired by theatre techniques—teams explore real-world challenges in a safe, supportive environment. These sessions promote skill-building in emotional regulation, crisis response, communication, and trauma-informed practice, helping staff strengthen their impact and professional presence.

Program Features:

- Monthly creative and interactive professional development sessions
- Scenario-based role play to apply skills in real-time
- Emphasis on communication, boundaries, reliability, and presence

Sample Session Topics:

- Emotional Regulation in the Workplace
- Effective Communication in High-Stress Settings
- Understanding ACEs (Adverse Childhood Experiences)
- Developing Soft Skills for Client-Facing Roles
- Terminology & Trends in the Helping Professions
- Practicing Trauma-Informed Approaches Every Day

Virtual or In-Person

1x per Month for 3, 6, or 12 Months

Customized to fit your team's culture and goals

www.FeeltheFutureLLC.com

Professional Development Programs *for Staff*

Client Connections: Practical Skills for Working with People in Crisis

Ideal for
new hires



This hands-on program equips helping professionals with the tools, language, and insight needed to build trust and provide effective support to individuals in crisis. Participants learn how to connect with people operating in survival mode through intentional language, trauma-informed approaches, and practical communication strategies that center dignity and care.

Through guided discussion, real-world scenarios, and creative role play, teams practice how to navigate high-stress interactions while staying grounded, clear, and client-centered.

Program Features:

- Monthly interactive professional development sessions
- Focus on communication techniques and trauma-informed engagement
- Scenario-based role play to apply concepts in real-world contexts

Sample Session Topics:

- Understanding ACEs, Social Determinants of Health & Survival Mode
- Language Matters: Using Words that Build Trust
- Trauma-Informed Approaches in Daily Interactions
- 3 Fires Framework: Prioritizing and Tackling Client Needs
- Becoming a Resource Broker: Helping Clients Move from Crisis to Stability
- Current Terminology & Trends in Human Services

Virtual or In-Person

1x per Month for 3, 6, or 12 Months

Tailored to your organization's mission and the populations you serve

Capacity Building Pricing Sheet

ALL WORKSHOPS & PROGRAMS ARE TAILORED TO
YOUR ORGANIZATION'S NEEDS



Company Diagnostic

STARTING AT

\$2,500

1-3 Month Process

*Quality & Integrity
OR
Culture Wellness
Diagnostic*

*Includes a review of
handbooks, policies,
SOPs, workflows,
service delivery,
and staff/client
experience.*

*Concludes with a
comprehensive report
of findings, field
comparisons, and
actionable
recommendations.*



Workshops

STARTING AT

\$300

*Interactive, topic-
focused sessions
designed to
educate and
engage staff or
clients on
essential
wellness, life
skills, or
prevention topics.
Ideal for staff
trainings, client
enrichment, team
meetings, or
special
programming
days.*



Programs

STARTING AT

\$500

*Ongoing wellness
or skill-building
programs (1-12
months) designed
to promote long-
term growth,
healthier habits, and
lasting change.
Each series
includes planning,
facilitation, and
interactive sessions
tailored to the
needs of staff or
clients. Ideal for
organizations
looking to deepen
impact over time.*



Packages

STARTING AT

\$5,000

*Packages include
a variety of
offerings such as:
company
diagnostic,
workshops, and
tailored programs
to strengthen staff,
improve service
delivery,
and support a
healthier work
culture. Ideal for
organizations ready
to grow from the
inside out.*

**See "All Packages" section*



Capacity Building Packages

Essentials Review (*Company Check Up Package*)

Includes:

- **Quality & Integrity OR Culture Wellness Diagnostic:** A thorough review of your employee handbook(s), policies, SOPs, workflows, service delivery systems, and the day-to-day experiences of staff and clients.
- **Comprehensive Report:** A detailed summary of findings, field comparisons, and actionable recommendations to strengthen organizational integrity and alignment.
- **Operational Refresh:** Updated versions of key documents including handbooks, SOPs, workflows, and service models to reflect best practices and current needs.

Starting at \$5,000, this package is ideal for organizations seeking a deep, honest check-up of their internal operations—offering both diagnostics and hands-on support to realign mission, morale, and service quality. 1–3 Month Process. *Final package rate is customized based on organization size and scope.*

Strengthening Support (*Motivation Package*)

Includes:

- ***Quality & Integrity OR Culture Wellness Diagnostic:** In-depth review of employee handbook(s), policies, SOPs, workflows, service delivery systems, and the lived experiences of staff and clients.
- **Comprehensive Report:** A full summary of findings with field comparisons and tailored recommendations to improve performance, culture, and service alignment.
- **Operational Refresh:** Updated versions of key documents including handbooks, workflows, SOPs, and systems to reflect trauma-informed, mission-aligned practices.

****Diagnostic can be substituted for more professional development or community workshops and/or programs.***

- **2 Programs (Series of Workshops):** A tailored multi-session training series designed for either staff development or community over the course of 6 months.
- **2 Creative Events:** Full strategy, planning, and implementation support for a powerful event designed to inspire, engage, and reflect your mission.

Starting at \$15,000, this package is ideal for organizations ready to improve internal operations and engage their community or workforce through creative, mission-driven experiences. 3–6 Month Process. *Package rate is customized based on organizational size and needs.*

Capacity Building Packages

Growth & Stability (*Progress Package*)

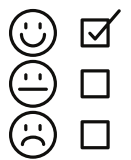
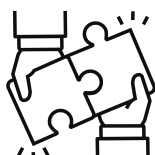
Includes:

- **Quality & Integrity OR Culture Wellness Diagnostic:** A comprehensive evaluation of internal operations, including employee handbook(s), policies, SOPs, workflows, service delivery systems, and the real-time experiences of staff and clients.
- **Comprehensive Report:** In-depth findings, field comparisons, and customized recommendations to elevate service quality, workplace culture, and operational alignment.
- **Operational Refresh:** Full updates to internal documentation and systems, including handbooks, SOPs, workflows, and service delivery models to reflect current best practices.

****Diagnostic can be substituted for more professional development or community workshops and/or programs.***

- **4 Programs (Series of Workshops):** A tailored multi-session training series designed for either staff development or community over the course of a year.
- **2 Creative Events:** Full strategy, planning, and implementation support for a powerful event designed to inspire, engage, and reflect your mission.

Starting at \$20,000, this package is ideal for organizations ready to align their internal culture, strengthen community impact, and bring their mission to life through creative and strategic action. 6–12 Month Process. *Package rate is customized based on organization size, goals, and complexity.*



Growth is within your grasp.

**We also deliver keynotes,
conference presentations and speeches*

We'd love to learn more about your goals and explore
how we can support your team or community through
creative and impactful solutions.

Whether you're looking to strengthen your culture, spark
engagement, or expand your impact—our approach is
flexible, collaborative, and built with intention.

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Learn more at:

www.feelthefuturellc.com/services



FEEL the FUTURE

Community Health Coaching & Consulting LLC

*David Hannah
&
Sharece Sellem-Hannah*



