

Capacity Building

Workshops for Community



Healthy Relationships

This session helps community members explore what healthy relationships look like—at home, at work, and in social circles. Participants will learn how to set boundaries, communicate effectively, and recognize signs of unhealthy dynamics.



Reflections: The Impact of Thoughts, Decisions & Actions

Designed for individuals navigating real-life challenges, this session offers a chance to reflect on how thoughts influence actions and outcomes. Through guided discussion and relatable examples, participants build awareness and confidence in their choices.



Navigating the Workplace: Professionalism & Communication

This session supports individuals who are preparing for or re-entering the workforce. Participants learn what professionalism means, how to handle workplace challenges, and how to communicate clearly and respectfully with coworkers and supervisors.



Understanding Food: Real Food vs. Ultra Processed Food

This session breaks down how food choices impact mood, energy, and health. Participants will learn how to tell the difference between real and ultra-processed foods, and how to make better choices—even on a tight budget.



Financial Literacy 101: Healthy Money Basics & How to Manage Money

Focused on real-world money management, this session helps participants learn how to budget, stretch income, avoid common financial pitfalls, and take simple steps toward financial stability—no matter where they're starting from.

Programs *for Community*

Feel Better, Live Better: A Health and Wellness Program



This practical and supportive program is designed for community members navigating stress, recovery, low income, or major life transitions. Each monthly session offers easy-to-understand health education and realistic strategies to help participants take small steps toward feeling better—physically, mentally, and emotionally.

With relatable language, real-life examples, and an encouraging approach, participants learn how to care for their bodies and minds in ways that fit their circumstances—no judgment, just progress.

Program Features:

- Monthly wellness sessions rooted in real-life needs and experiences
- Focus on health topics relevant to everyday challenges
- Accessible content designed for vulnerable populations
- Creative, supportive, and interactive delivery style

Sample Session Topics:

- Think More Clearly: Simple Prioritization Tools to Tackle Tasks
- Small Habits, Big Changes: Wellness That Actually Works
- Food & Your Mind: How Nutrition Affects Mood and Focus
- Understanding Your Mental Health and Why It Matters
- Financial Wellness: How to Manage Your Money

Virtual or In-Person

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

Fully tailored to meet the needs of your clients and community

Programs *for Community*

Step by Step: Building the Life You Want, One Step at a Time

This goal-setting and action-planning program is designed to support community members who feel stuck, overwhelmed, or unsure where to begin. Through guided exercises and relatable discussion, participants learn how to set goals that make sense for their life, take small steps forward, and build confidence along the way. Whether someone is working toward employment, stability, healing, or personal growth, this program offers realistic tools and encouragement to help them move forward—one step at a time.

Program Features:

- Monthly goal-focused sessions rooted in real-life challenges and strengths
- Practical tools for organizing tasks, setting priorities, and building follow-through
- Supportive environment that encourages progress without pressure

Sample Session Topics:

- What to Do First: How to Prioritize When You Feel Overwhelmed
- Setting Goals That Actually Make Sense for Your Life
- Tackling Daily Stressors Without Giving Up
- Being a Self-Advocate: Asking for Help Without Feeling Weak
- Progress Over Perfection: Tracking Growth Without Judgment
- How to Keep Going: Motivation, Accountability, and Celebrating Wins



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

**Customized for clients in workforce development,
recovery, housing, or reentry programs.**

Programs *for Community*

Heart Work: Developing & Rebuilding Healthy Relationships



This healing-centered program supports individuals who want to build stronger, safer, and more respectful relationships—whether they're starting fresh or recovering from harm. Designed for those navigating difficult pasts, unhealthy patterns, or strained connections, each session offers tools, reflection, and real-life guidance for creating more positive relationships.

Through honest conversations, skill-building activities, and non-judgmental support, participants explore what it means to experience love, trust, and boundaries in healthy ways.

Program Features:

- Monthly sessions focused on real-world relationship dynamics
- Culturally sensitive, trauma-aware, and judgment-free delivery
- Guided self-reflection and practical skill-building
- Suitable for individuals healing from toxic or unstable relationships

Sample Session Topics:

- What Is a Healthy Relationship?
- Boundaries: What They Are and How to Use Them
- Recognizing Red Flags & Breaking Old Patterns
- Love, Control, and Respect: Knowing the Difference
- Rebuilding Trust After It's Been Broken
- Relationships with Self, Family, Partners, and Friends

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

**Customized for clients in workforce development, recovery, housing,
or reentry programs**

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.
- 1 Program (Series of Workshops): A tailored multi-session training series designed for either staff development or community.
- 1 Creative Event Strategy & Planning

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.*

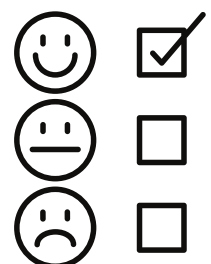
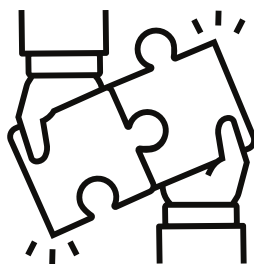
Capacity Building Packages

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.
- **2 Programs (Series of Workshops):** A tailored multi-session training series designed for either staff development or community.
- **1 Creative Event:** 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, 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.

Ready to connect? Book a free
discovery call with us to start the conversation.

Email:

feelthefuturellc@gmail.com

Learn more at:

www.feelthefuturellc.com/services

FEEL the
FUTURE

Community Health Coaching & Consulting LLC

*David Hannah
&
Sharece Sellem-Hannah*

