

Suite of Services

Overview:

Every service offered by Divine By Design is inspired by the idea that true wellness begins with a foundation of love, so that we can learn the skills we need to grow as individuals who inevitably help to create families, communities, and a society which thrives. Each platform includes services which share common characteristics with at least one of the eight major dimensions of wellness as defined by SAMSHA.

Love

Services within this platform typically focus on supporting emotional and spiritual wellness.

We believe that every human is designed with love at our center. And love is the divine spark from which all other movements and spiritual fires begin. Until we feel it within ourselves we are constantly seeking it elsewhere. But all journeys begin with you. Believe you have a right to your dreams. Your gifts. Your happiness. And that you need to purchase nothing to achieve these things. You only need to love yourself enough to believe you have a right to thrive, not only survive and succeed. Anything is possible when you believe and begin from a place of love.

Suite of services:

| Name | Description | Dimension(s) |
|----------------------------|---|--|
| Dreamspace Coaching | <ul style="list-style-type: none">Targeting those managing daily life with newly emerging extrasensory dreamscapes, experiences, etc. | <ol style="list-style-type: none">SpiritualEmotional |
| Lucid Living | <ul style="list-style-type: none">Developing resting awarenessBeginner to advanced shadow work workshopLucid dreaming workshop | <ol style="list-style-type: none">SpiritualEmotional |
| Wellness Coaching | <ul style="list-style-type: none">ReikiGuided meditationQueen Mother Coaching | <ol style="list-style-type: none">EmotionalPhysical |
| Spiritual Herbal Practices | <ul style="list-style-type: none">Advances in Herbal TechniquesWhole Food Nutritional ConsciousnessBringing Intentions to Proper Herb UsageSpirit-work/Prayer-work Under Creator's ultimate guidance | <ol style="list-style-type: none">SpiritualPhysicalEmotional |

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| New Age Practices | <ul style="list-style-type: none"> • Intuitive tarot readings and energy healing / guidance on totems, crystals, space and self-clearing techniques • Warrior Queen/High Priestess Package | 1. Spiritual |
| Holistic Health Coaching | <ul style="list-style-type: none"> • Breathing, proper tongue placement, mindset/intention/focus • Mindfulness Understanding - Examples of Techniques for implementation • "Tapping" Visual Guidance Example/Training spiritual/physical | <ol style="list-style-type: none"> 1. Emotional 2. Physical |

Learn

Services within this platform focus on supporting intellectual and occupational wellbeing.

Once we are rooted in love, we begin to believe we have the right to health and happiness. However, our desire for these ideals is not enough. Our desires need to be matched with actions to build our knowledge, skills, and inevitably wisdom.

Suite of Services:

| Name | Description | Dimension(s) |
|-------------------------|---|--|
| Educational Coaching | <ul style="list-style-type: none"> • Herbalism course curriculum • Targeting those who are first time high school graduates in their family and unsure about college selection and application process | 1. Intellectual |
| Brand Identity Workshop | <ul style="list-style-type: none"> • User persona • Identifying target audience • Color palette selection • Understanding the anatomy of typography • Logo creation • Business card design • Stationary design | <ol style="list-style-type: none"> 1. Occupational 2. Intellectual |
| Website Development | <ul style="list-style-type: none"> • UX/UI walk through • Webpage wireframe creation • Knowing enough HTML/CSS to be awesome • Working with content managers • Hosting and domain space | <ol style="list-style-type: none"> 1. Occupational 2. Intellectual |

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|-------------------------------|--|---|
| Professional Development | <ul style="list-style-type: none"> • Career coaching • Team building and conflict resolution workshops • Resume writing and development, interview pre, offer/benefits negotiations | <ol style="list-style-type: none"> 1. Occupational 2. Social |
| Business Development | <ul style="list-style-type: none"> • Data driven intelligence • Market and government research • Technical ecosystems | <ol style="list-style-type: none"> 1. Occupational 2. Financial |
| Project/Life Cycle Management | <ul style="list-style-type: none"> • Risk management • Grant application/packages • Project development, scoping, requirements gathering | <ol style="list-style-type: none"> 1. Occupational |

Grow

Services within this platform focus on supporting financial and physical wellbeing.

Now that your foundation and pillars are set it's time to grow into what you already are. Move through your challenges to apply what you've learned and build what you've dreamed. Rethink your social and community paradigms and consider how to break the chains of what binds you.

Suite of Services:

| Name | Description | Dimension(s) |
|--------------------------------|---|--|
| Business Development | Career Advancement Coaching | <ol style="list-style-type: none"> 1. Financial 2. Occupational |
| Therapeutic Herbal Practices | Herbalism 101 Crafting Herb Medicine 102 | <ol style="list-style-type: none"> 1. Physical 2. Environmental 3. Intellectual 4. Emotional |
| Herbal Practitioner Consulting | Tailored consultations for complimentary whole food health practices and treatments | <ol style="list-style-type: none"> 1. Physical 2. Environmental |

Thrive

Services within this platform focus on supporting social and environmental wellbeing.

Look closely at the present you are constructing; It should look like the future you are dreaming. - Alice Walker

Suite of Services:

| Name | Description | Dimension(s) |
|------------------------------|--|--|
| Cultural competency training | <ul style="list-style-type: none"> ● Being aware of differences and similarity between cultures. ● Racial bias and stereotyping ● Awareness ● How to ask difficult questions ● Finding common ground ● Disparities among people of color | 1. Social |
| Social advocacy workshops | <ul style="list-style-type: none"> ● Lobbying ● Social media ● Best practices ● What is social advocacy ● Ways to get involved ● How to organize | 1. Social 2. Intellectual |
| Urban Youth Survival Manual | <ul style="list-style-type: none"> ● Building confidence ● Building character ● Navigating complex family situations ● Iterating with your peers ● navigating school, ● Navigating a changing job market | 1. Social 2. Occupational 3. Emotional |
| Community Organization | <ul style="list-style-type: none"> ● How do you identify the needs of a community ● How to organize in the community ● Identify resources/ outreach and development ● Creating a plan of action ● Getting others involved | 1. Social 2. Intellectual |
| Event planning | Formal and professional gatherings | 1. Social |