



# HEALING YOUR ALMOND

Helping organizations  
increase employee  
satisfaction and  
productivity



## Healing Your Almond

is a Wilmington, NC-based consulting group that helps companies address employee stress and team efficiency. With a dual focus on trauma and emotional intelligence, we work with teams and individuals to replace tension in the workplace with happiness, safety, resilience and balance.

Licensed clinical therapist Franchon Franceses wins employees' trust by applying her decade of experience delivering logical, intelligent insights into workplace culture. Contact her today to help your team grow.



## What's with the Almond?



The Almond refers to the Amygdala, a part of the brain that's shaped like an almond. Think of it as your internal alarm system that controls the fight/flight/freeze/fawn response. Businesses who heal their collective almonds have greater success with team functionality and employee retention. Our objective is to get your team into the optimal functioning zone.

***"Firms that encourage a 'wellness culture' are showing that they care about their employees – and can expect a payoff in terms of morale, motivation and productivity."***

# HEALTHY ALMOND = HEALTHY TEAM

Learn more today at:  
[www.healingyouralmond.com](http://www.healingyouralmond.com)





## Employee Wellness

People don't leave jobs, they leave supervisors. We help create healthy relationships that increase job satisfaction and workforce productivity.

### Authentic Leaders

Healing Your Almond guides leadership development in one-on-one sessions.

**The Healing?** Confident, effective leaders with improved self-awareness, barriers breakthroughs, and communication improvement.

### 1:1 and Team Mediation

To help your team work through difficult situations, we meet with each participant separately, then bring the team together to process things in a safe, productive manner.

**The Healing?** Clear understand of the issues and how to effectively move forward.

## Team Workshops

Healing Your Almond workshops range from 1 hour to full-day sessions.

### Equity, Diversity & Inclusion

Utilizing a trauma-informed lens to increase awareness about an individuals' response to people who look or act differently than us.

**The Healing?** Improve retention and reduce barriers to productivity by increasing safety and promoting genuine connections with colleagues.

### Productivity and Presenteeism

Just because you are physically at you're desk doesn't necessarily mean you're present on the job.

**The Healing?** Integrate wellness at home and at work for more effective teams

## Working With Us

Every organization is different, and therefore we work in many different ways:

- 1) Free consultation: It all starts with a phone call.
- 2) Custom workshops: Will speak directly to an issue you're having.
- 3) Monthly sessions: For ongoing needs, we develop a long-term plan to address team growth.

### Where to start?

#### Try a Lunch & Learn

This is where most of our corporate clients start on their journey to healing their team's 'almonds.' Ask about it!

**(910) 636-2280**

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**“Managers have one pressing need today: To find ways to make teams work better.”**  
- Harvard Business Review