

Soul Therapy

Bespoke Professional Packages



SOUL THERAPY



Unlocking Employee Potential:

Why Mental Health is Important in Successful Businesses

- The average employee is **productive** for less than 3 hours per day.
- **1 in 5 employees** is currently experiencing a mental health issue.
- Workplace stress has become a leading cause of **absenteeism & turnover** in businesses.
- Mental health issues reduce employee productivity by **up to 35%**.
- Investment in mental wellness programs **returns** up to €4 for every €1 spent, according to Deloitte.

According to the World Health Organisation, **depression & anxiety cost the global economy over \$1 trillion annually** in lost productivity alone.

Reduced mental wellness not only decreases employee performance & output; it stifles creativity, weakens commitment, & limits the collective capacity of your teams to innovate, grow, & lead your company into a better future.

At Soul Therapy we help organisations not only reduce burnout & stress of their employees but also build thriving, engaged teams who bring their full creativity & focus to the table - every day.

Because when your people feel better, your business performs better.

- 1-1 Executive Support
- Team Transformation Program
- Leadership Reporting....and more

Contact: SoulTherapyHelp@gmail.com



The Soul Leader Suite package

What's Included:

1:1 Executive or Nominated Support

- **12 Individual Soul Therapy Sessions**

For the CEO or a nominated executive/employee (as selected by CEO or HR). A personal space to work through stress, pressure, leadership blocks, or burnout, with confidentiality.

Team Transformation Program

- **12-Week Guided Group Series** (for 1 group of up to 12 employees)

Live weekly sessions designed to foster resilience, connection, and mental clarity within your team.

Ongoing Access & Support

- **Weekly Live Q&A** (with replays for all group participants)

A supportive space to explore personal and professional challenges.

- **Group Telegram Community**

Direct, guaranteed therapist response (audio or text) to **each participant's** question or issue **twice weekly**.

- **Video Library & PDF Resource Vault**

Ongoing tools, teachings, and worksheets to support integration beyond the live experience.

Leadership Reporting

- **Generalised Statistical Feedback Report**

Insight into engagement, well-being, and common challenges (while upholding full client confidentiality)—to help HR and leadership make informed culture decisions.

Distribution of Support -

This can be undertaken in an offered **Voluntary-Uptake Scheme**, where employees need to choose to be part of the initiative. This works well for those who have a growth mindset and already actively participate in their own development.

Or this can be undertaken in a **Universal-Uptake Scheme**, where employees are allocated to a group and actively encouraged to participate in the process. This is useful to foster improvements across the board and to encompass those who may not wish to immediately notice their issues and the challenges they bring to their colleagues. The Universal-Uptake Scheme is a way to ensure the entire company (or a chosen subset of the company) moves through the process in a unified way that is beneficial to all.

Tax Deductible Investment - €11960

The Soul Therapy Sync package

What's Included:

Team Transformation Program



- **12-Week Guided Group Series** (for 1 group of up to 12 employees)
Live weekly sessions designed to foster resilience, connection, and mental clarity within your team.

Ongoing Access & Support

- **Weekly Live Q&A** (with replays for all group participants)
A supportive space to explore personal and professional challenges.
- **Group Telegram Community**
Direct, guaranteed therapist response (audio or text) to **each participant's** question or issue **twice weekly**.
- **Video Library & PDF Resource Vault**
Ongoing tools, teachings, and worksheets to support integration beyond the live experience.

Leadership Reporting

- **Generalised Statistical Feedback Report**
Insight into engagement, well-being, and common challenges (while upholding full client confidentiality)–to help HR and leadership make informed culture decisions.

Distribution of Support -

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Tax Deductible Investment - €9900



The Soul Foundations package

Team Transformation Program

- **12-Week Guided Group Series** (for 1 group of up to 12 employees)
Live weekly sessions designed to foster resilience, connection, and mental clarity within your team.

Ongoing Access & Support

- **Weekly Live Q&A** (with replays for all group participants)
A supportive space to explore personal and professional challenges.
- **Group Telegram Community**
Direct, guaranteed therapist response (audio or text) to **each participant's** question or issue **twice weekly**.

Leadership Reporting

- **Generalised Statistical Feedback Report**
Insight into engagement, well-being, and common challenges (while upholding full client confidentiality)–to help HR and leadership make informed culture decisions.

Distribution of Support -

This can be undertaken in an offered **Voluntary-Uptake Scheme**, where employees need to choose to be part of the initiative. This works well for those who have a growth mindset and already actively participate in their own development.

Or this can be undertaken in a **Universal-Uptake Scheme**, where employees are allocated to a group and actively encouraged to participate in the process. This is useful to foster improvements across the board and to encompass those who may not wish to immediately notice their issues and the challenges they bring to their colleagues. The Universal-Uptake Scheme is a way to ensure the entire company (or a chosen subset of the company) moves through the process in a unified way that is beneficial to all.

Tax Deductible Investment - €9600

The Soul Therapy Essentials package

Company-wide Universal Transformation Program (with potential for discounted 1-1 or 2-1 sessions for nominated staff members)



- **12-Week Q&A Series**

A supportive space to explore personal and professional challenges. Ask your mental health and well-being questions about your personal life, relationship, work, family, and more - whatever matters to you, we will answer it in a way that maintains confidentiality.

- **Video Library & PDF Resource Vault**

Tools, teachings, and worksheets to support expansion and integration.

Leadership Reporting

- **Generalised Statistical Feedback Report**

Insight into engagement, well-being, and common challenges (while upholding full client confidentiality)–to help HR and leadership make informed culture decisions.

Distribution of Support -

This can be undertaken in an offered **Voluntary-Uptake Scheme**, where employees need to choose to be part of the initiative. This works well for those who have a growth mindset and already actively participate in their own development.

Or this can be undertaken in a **Universal-Uptake Scheme**, where employees are allocated to a group and actively encouraged to participate in the process. This is useful to foster improvements across the board and to encompass those who may not wish to immediately notice their issues and the challenges they bring to their colleagues. The Universal-Uptake Scheme is a way to ensure the entire company (or a chosen subset of the company) moves through the process in a unified way that is beneficial to all.

Or this can be undertaken as a **Universal-Voluntary-Uptake Scheme**, where it is purchased for all employees and made available to all employees, but participation is voluntary. Participation is then recorded and feedback on this is included in the Leadership Report. This provides the benefit of supplying all employees with the mental health support opportunity for free (with the cost covered by the company) but opening it up for them to choose to participate in their own time, breaks, weekends and outside work, rather than during work time. In this way, the service is provided to all, and this is a benefit that the company can advertise to new and existent staff and beyond, but uptake is each staff members choice choice.

Options can also be trialed with a subset of staff members before being rolled out across the wider company.

Tax Deductible Investment - €2 per staff member



Soul Therapy

Bespoke Professional Packages

Next Step - Book Your Free Consultation Call Now

Contact Soul Therapy by emailing soultherapyhelp@gmail.com stating in the subject line that you wish to book a Free Professional Package Consultation Call. Let us know a range of times & dates that would be suitable for you and which time zone you are based in for the call - we work with companies all over the world. We will reply to confirm when your call will be.

Additional Options

We offer ultra-advanced bespoke options for professional advancement such as workshops, events or intensive individual work. These are available on request.

Additional Benefits for Employees

We offer **discounted rates** for all employees who are enrolled in Soul Therapy Professional Packages to join Soul Therapy Personal Memberships or Couples Workshops. Because successful personal lives and relationships support success, satisfaction and productivity at work.

Reviews:

'When I first started speaking with Kait I was in an emotionally fragile state. Thank you Kait for getting me to a place where I feel in control of my life again.' - AD

'Katie is incredible, I have learned so much from her.' - ML

'If you are struggling, I would recommend Kait's approach as it has changed my life dramatically. Thank you Kait.' - NDM

'Working with Katie has been a transformative experience, she has a unique ability to connect on a deeper level.' - GC

'Kait offered valuable suggestions and created a safe and supportive space. Kait is truly making a difference in this world, one client at a time.' - AN

'I felt so heard and Katie's compassion and wise reflections helped me to see situations from a new perspective. I highly recommend working with Katie' - GP