



THRIVE MANAGEMENT GROUP
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CATALOG FOR CAREGIVERS AND PROFESSIONALS

At THRIVE MANAGEMENT, we provide comprehensive wellness support designed to meet the unique needs of caregivers, service providers, teachers, and professionals. Our classes aim to enhance emotional resilience, foster self-care, and promote holistic healing for those who dedicate their lives to supporting others. Join us on this journey to nurture your well-being and empower your practice. We have 30 years of experience in the field, and 13 years of service to professionals.

DEPARTMENTS OF CLASSES, VIRTUAL MODULES, & IN-PERSON SERIES AVAILABLE

Core Professional Wellness Series: Designed to enhance emotional resilience and self-care practices tailored for professionals.

Mental and Emotional Wellness Classes: Focused on managing stress, anxiety, and fostering self-empowerment through various techniques.

Holistic Healing and Mind-Body Practices: Explores the integration of body, mind, and spirit through energy work and mindfulness practices.

Substance Recovery Support: Focus on empowering individuals to reclaim their lives through healing, growth, and purpose.

BELOW YOU WILL SEE A LIST OF THRIVE DEPARTMENT AND ASSOCIATED CLASSES, MEDITATIONS & TRAININGS. ANY OF THESE CLASSES CAN BE CUSTOMIZED BY TIME, FORMAT, AND TAILORED TO YOUR STAFF'S NEEDS OR TARGET GOALS. DIGITAL DOWNLOADS, AND AFTERCARE DIGITAL MATERIALS ARE ALSO AVAILABLE FOR ALL CLASSES OFFERED.

Personal Empowerment and Growth

- Self-Discovery & Reflection
- Encouraging Positive Mindsets
- Understanding Emotional Cycles and Healthy Choices
- Healthy Habits for Resilience and Success
- Healing and Personal Transformation
- Identifying Limiting Beliefs

- Healing from Emotional Trauma
- Navigating Life Transitions
- Aiming for Personal Success
- Tools for Processing Through Grief & Loss

Core Professional Wellness Series

- Emotional Resilience & Recovery
- Burnout Prevention
- Compassionate Fatigue Recovery and Management
- Empathic Intake Techniques
- Mindful Communication & Conflict Resolution
- Intuitive Conflict Resolution
- Holistic Leadership & Empowerment
- Attitude of Gratitude Mindset
- Work-Life Balance & Self-Care Practices
- Inner Harmony & Personal Boundaries
- Organization and Goal Setting in the Work Force
- Deep Rest & Recovery Practices

Mental and Emotional Wellness Classes

- Stress & Anxiety Management
- Stress Management and Reduction Techniques
- Tools For Anxiety Relief
- Coping Skills for Difficult Emotions
- Trauma-Informed Care Support
- Time Management Tools
- Managing Emotional Exhaustion
- Self-Empowerment & Inner Healing
- Self-Love and Empowerment
- Self-Worth Building
- Inner Child Healing
- Healing the Nervous System
- Overcoming Self-Sabotage
- Trusting Your Inner Guidance
- Creative Emotional Expression
- Emotional Empowerment through Creative Expression
- Journaling for Self-Discovery
- Vision Board Creation for Goal Setting
- Expressive & Creative Painting
- Drum Circle for Grounding & Connection

Holistic Healing and Mind-Body Practices

- Holistic Healing & Energy Work
- Reiki for Emotional Healing

- Crystal Sound Bowl Session for Personal Reset
- Aromatherapy for Stress Relief
- Acupressure Techniques for Anxiety
- EFT Tapping for Emotional Release
- Mindfulness, Meditation & Movement
- Breath Work and Meditation for Relaxation
- Reset Meditation for Focus and Clarity
- Yoga for Release
- Yoga For Heart Healing
- Spiritual Wellness 101 & 102
- Shadow Work Integration & Personal Healing
- Spiritual Care for Service Providers
- Grounding Through Nature Connection
- Sacred Rituals for Emotional Healing

Specialized Support for Caregivers

- Building Compassion & Empathy
- Empathy and Compassion Training
- Encouraging Emotional Expression
- Balancing Empathy with Self-Care
- Healing from Secondary Trauma
- Facilitating Team Wellness
- Deconstructing Dominant Culture
- Healing from Systemic Oppression
- Deconstructing Bias in Healing
- Restorative Practices for Personal Growth
- Specialized Techniques for Emotional Healing
- Healing Through Sound Therapy
- Energy Protection for Empaths
- Grounding Techniques 101 & 102
- Developing Emotional Boundaries
- Emotional Processing with Sound Therapy

Leadership & Professional Development

- Compassionate Leadership & Decision-Making
- Heart-Centered Leadership
- Effective Decision-Making
- Trust Building in Leadership Roles
- Creative Problem-Solving & Emotional Intelligence
- Enhancing Emotional Intelligence and Agility
- Facilitating Self-Reflection for Personal Growth

Substance Abuse, Recovery & Future Wellness Support - Sample Course Breakdown

Overcoming Powerlessness: Explore strategies to shift perspectives and regain a sense of control in the recovery journey.

Deconstructing Limitations: Identify and dismantle self-imposed limitations that hinder progress and personal growth.

Routines and Rituals: Develop healthy routines and rituals that support recovery, stability, and well-being.

Personal Inventory: Engage in self-reflection practices to assess personal values, beliefs, and goals, fostering accountability and growth.

Community and Fellowship: Build connections through shared experiences, fostering a supportive community that enhances the recovery journey.

THRIVE MANAGEMENT offers a holistic and compassionate approach to wellness, supporting caregivers and professionals in living a balanced, fulfilling, and empowered life. We teach and support wellness through a variety of transformative techniques, including sound baths, meditations, breath work, Kundalini practices, journaling, intentional crafting, somatic exercises, aromatherapy, reiki, acupressure, EFT, EMDR skills training, and many more modalities. Our comprehensive programs are designed to provide tools and insights that foster growth, healing, and resilience.

Additionally, we understand that needs vary; we happily customize classes to meet specific needs, ensuring personalized care and support for all participants. If you are interested in any of the above topics, we would be happy to provide your company with class descriptions, prices, module building, and prerecorded class options. Classes, workshops, meditations & trainings are available in-person, virtually, and in a prerecorded format.

Thank you for choosing yourself and your staff's wellness as a priority! It only takes one moment to change or save a life in need.

*Best Wishes,
Magda & Laura
Thrive Management Group*

*Our website: <https://www.thriveflowmanagement.com/>
Our Contact: (909) 713-6800*