

# ATMOSPHERES OF WELLNESS LLC

## Capability Statement

Workforce Resilience • Organizational Transition Support • Leadership Sustainability

### COMPANY OVERVIEW

Atmospheres of Wellness LLC helps federal agencies and prime contractors stabilize their workforce during high-stakes change - reducing burnout, improving engagement, and sustaining leadership effectiveness. We bring a wellness-centered methodology to organizational consulting, grounded in PMP-certified project management experience and direct knowledge of federal contract environments.

#### CORE COMPETENCIES

- ▶ Organizational Transition Support
- ▶ Workforce Resilience & Burnout Prevention
- ▶ Wellness-Centered Leadership Consulting
- ▶ Training & Facilitation Support
- ▶ Workforce Engagement Strategy
- ▶ Leadership Communication & Alignment
- ▶ Culture Stabilization During Change
- ▶ Stakeholder Engagement Facilitation

#### DIFFERENTIATORS

- ▶ PMP-Certified Project Management Experience
- ▶ Federal Contract Environment Background
- ▶ Associate AIA Credentialed
- ▶ Wellness-Centered Workforce Strategy
- ▶ Proprietary G.R.A.C.E. Framework
- ▶ Peace in 5 Blueprint™
- ▶ Woman-Owned Small Business (WOSB)
- ▶ SAM Registered
- ▶ Pursuing WOSB & 8(a) Certifications

#### RELEVANT EXPERIENCE

Atmospheres of Wellness brings leadership and organizational consulting experience from high-stakes professional environments, with a focus on workforce resilience, change communication, and sustainable team performance. Our founder holds PMP certification and has worked within federal contract environments, providing direct insight into the operational pressures and workforce challenges unique to government and contractor organizations.

We bring both practitioner credibility and a wellness-centered methodology that goes beyond traditional management consulting — helping organizations build cultures where people can perform sustainably.

#### NAICS CODES

541611 – Administrative Management & General Management Consulting  
541618 – Other Management Consulting Services  
611430 – Professional & Management Development Training

#### CONTACT US

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**SAM Registered | Woman-Owned Small Business**