



Company Capability Statement

Mpower Counseling, PLLC: Comprehensive Wellness Solutions for Federal Contractors

Addressing the Unique Needs of the Federal Workforce

Mpower Counseling, PLLC, understands the distinct challenges and pressures faced by federal contractors: demanding workloads, long hours, complex regulations, and the potential for security clearances at stake. Our integrated approach to mental health counseling and yoga provides comprehensive support, helping you navigate these stressors and maintain optimal well-being for yourself and your teams.

Counseling Services:

Individual Therapy: Addressing stress, anxiety, depression, trauma, burnout, relationship issues, and more.

Group Workshops: Tailored programs for managing stress, communication skills, resilience building, and leadership development.

Critical Incident Response:

Providing immediate support and resources following traumatic events.

Yoga Programs:

Restorative Yoga: Reducing stress, promoting relaxation, and improving sleep quality.

Mindful Vinyasa Yoga: Increasing focus, clarity, and resilience while building physical strength and flexibility.

Chair Yoga: Accessible to all fitness levels, reducing pain and discomfort, and fostering mindfulness.

Corporate Yoga Classes: In-office or online sessions to boost team morale, improve workplace well-being, and enhance work-life balance.

Integration of Counseling and Yoga:

Our unique approach combines the emotional processing and support of counseling with the physiological benefits of yoga, creating a holistic and sustainable path to wellness.

We personalize sessions to address individual needs and preferences, fostering self-awareness and self-care strategies.

Differentiators:

Experienced Team: Our licensed therapist and certified yoga instructor possess extensive experience working with federal employees and understand the specific demands of your profession.

Security Clearance Expertise: We are mindful of security clearance requirements and provide discreet, confidential services designed to protect your career.

Flexible Scheduling: We offer online and in-person sessions to accommodate busy work schedules and travel demands.

Comprehensive Resources: We provide ongoing support and educational materials to empower employees to manage stress and maintain mental well-being.

Call to Action:

Visit our website at www.mpowercounselingllc.com to learn more about our services and how we can empower your federal workforce to thrive. Contact us today for a free consultation and discuss how Mpower Counseling, PLLC, can be your partner in building a culture of well-being within your organization.