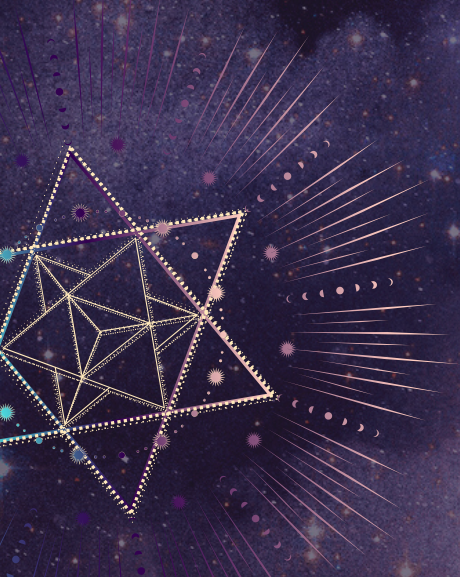




HEAD/HEART BUSINESS THERAPY

Professional Healing & Transformation

DETAILED SERVICES
FOR GROUP THERAPY AND
HEALTHCARE PRACTICES



SARAH BUINO

Sarah Buino, LCSW, RDDP, CADC, CDWF, NMT is a therapist, speaker, teacher, consultant, and the founder of Head/Heart Therapy and Head/Heart Business Therapy.

After owning and operating Head/Heart Therapy for 10 years she sold the group in 2023 and began consulting with organizations to help co-create thriving workplaces.



HOW ARE THESE HOURS USED?

Other practices have used monthly hours in a variety of ways such as:

- Leadership coaching
- Strategic consulting
- Full staff meetings/training
- Individual staff coaching

The consultation process is emergent.

In your discovery call, you'll discuss what problems are bringing you to consultation. Together, you and Sarah will determine which package is appropriate for your needs and how the time will be used.



WHAT ELSE DO I GET?

Unlimited* phone/text/ email/Marco Polo support

When issues pop up between meetings, you can reach out to Sarah to touch base.

Forms/Documents

Sarah is able to share forms and documents that can support your business needs.

Referrals

Sarah has a vast network of colleagues in many fields who can assist your business goals.

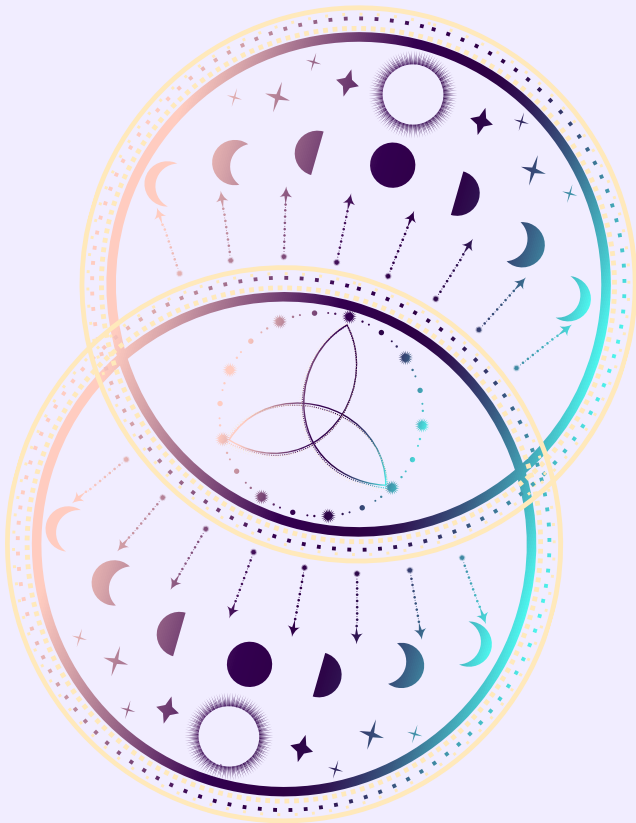
WHAT IS NOT INCLUDED IN THE UNLIMITED* SUPPORT

The ability to touch base between scheduled meetings is crucial for business owners. That time can be used for quick questions, accountability, moral support, and crisis management.

That time can not be used for strategy or planning - that's what our meeting time is for! If crises become frequent, you may be asked to choose a different monthly package.



WHAT IS SARAH'S FRAMEWORK?



Sarah believes a wholehearted business connects the head and the heart. The head relates to process and procedure while the heart attends to the relationships and emotional needs within the practice.

In addition to her business experience, Sarah has training in a variety of frameworks that inform her consulting work, including:

- Right Use of Power
- NeuroAffective Relational Model
- Somatic Abolitionism
- Embodied Social Justice
- Shame-resilience

WHAT ARE THE OUTCOMES?



Sarah doesn't offer expected outcomes because the outcome of the work also depends on what consultees bring to the relationship. That being said, in addition to what you want for yourself, Sarah hopes you will experience the following as a result of the consulting partnership:

- ☾ Increased trust in your leadership abilities
- ☾ Better boundaries
- ☾ More satisfaction in your work role
- ☾ More capacity for longterm dreaming
- ☾ Additional supportive resources
- ☾ More connection with your team

MONTHLY PACKAGES

Monthly packages are offered based on how many direct service hours are needed.



1-hour at \$400



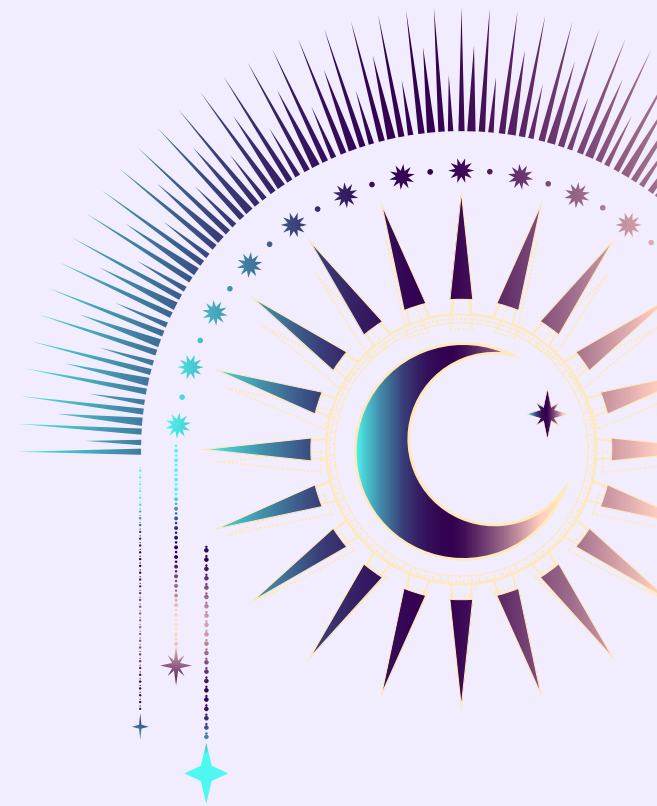
2-hours at \$750



3-hours at \$1000



4-hours at \$1250





QUESTIONS?

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