



THE THRIVE SHIFT



Navigating change.
Cultivating wellness.

OUR SERVICES



Mental health and disability awareness and education

- Speaking
- Training
- Coaching



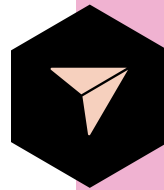
Organizational change management for workplace mental health

- Plan development
- Sponsor and stakeholder training
- Communications strategy



Communications strategy and development

- Internal communications design
- Content creation: blog, newsletter, and article creation
- Accessibility training



OUR PURPOSE

The Thrive Shift empowers change through storytelling, authentic leadership education, and strategy development for enhanced equity and inclusion in health and wellness.



OUR VISION

Our vision is to create a world where diversity is a strength, vulnerability is embraced, and all voices are heard.



OUR MISSION

At The Thrive Shift, we believe that positive change comes from empowering the voices of all stakeholders.

WHY CHOOSE US?

The Thrive Shift offers change management and communications support to help you build a healthy workplace where your team thrives.

CONTACT US

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