

HOLISTIC WEALTH, LLC

# 2020 NEWSLETTER

## Clarifying Our Purpose

*Holistic Wealth LLC provides personalized wellness services that inspire community and self healing. We encourage the development of sustainable wellness traditions by sharing holistic perspectives of wealth and wellbeing. It is our hope that HWC services contribute to a healed world filled with honest communities and healthy individuals.\**

## Uncovering Our Value

We create culturally responsive curricula that speaks to the communication style of a young audience! Currently, our most served clients are high schoolers and college students. We have developed creative, multimedia programs that successfully engage young students. Topics for each program include (but are not limited to) mindfulness, meditation, death positivity, forgiveness, gratitude, and much more!



We all maintain a capacity for wellness and illness--mentally, physically, and emotionally.

*Wellness is being able to identify when we are ill and utilizing practices that help us to restore & maintain our wellbeing.*

## Setting Our Intentions

In 2021, Holistic Wealth, LLC will primarily service high school students! According to Pew Research, 70% of teenagers reported that anxiety and depression are major issues in their lives. We want to use our programs and services to equip students with healthy & mindful habits as they embark on their journeys of self discovery.



# 2020 WELLNESS PROGRAMS

## BLACK (WOMEN/MEN) SOLIDARITY CIRCLE

For the entire month of July, approximately 20 participants (15 women and 5 men) participated in conversations about love! We covered a variety of topics, including self love, intimacy in platonic relationships, finding balance in romantic relationships, unlearning harmful conceptions of love, and much more! This ended in a Community Forum where solidarity circle members invited other people to join in on our discussion.

## DOLLAR MEDITATION CLUB

For three months, we hosted weekly meditations that allowed people of all backgrounds to learn and experience different mindfulness practices! In total, we had about 25 participants and 10 club members.

**WE DONATED \$300 TO  
THE SOLUTIONS NOT  
PUNISHMENT  
COLLABORATIVE**

*Thanks to participation in  
these programs!*

## OCTOBER SPECIALIST SERIES: EXPLORING SPIRITUAL WELLNESS

In October, we brought in 3 specialists to discuss the ways that they use currently popularized spiritual practices in their own wellness routines. We invited an experienced astrologer, an intuitive tarot reader, and an author who explores the way fiction connects to magic/manifestation. With over 40 participants in the October Series, we were able to host interactive workshops for people interested in exploring spiritual wellness from a unique perspective.

## NOVEMBER SPECIALIST SERIES: IN MOTION DANCE SERIES

We wrapped up the year with a focus on physical and emotional wellness through the powers of dance! We explored many different types of dance (from Afrobeats to SOCA to lyrical). Our choreographers got people moving as the days got shorter and the weather colder.



# HOLISTIC WEALTH, LLC

## 2020 OUTCOMES

*Here is a brief collection of feedback & reflections from our 2020 programs!*

"Being involved with the Black Women Solidarity Circle has really allowed me to re-conceptualize how I experience and give love. With the support of the facilitators and other participants, I was prompted to begin conversations about love languages and love styles with my friends and family, and in the process I learned about how I desire to experience self-love."

(Black Women Solidarity Circle Participant)



"I felt genuine, good-willed encouragement to voice my thoughts and discuss my feelings about living life as a young black man. We addressed so many topics and with continued interaction and discussion, I think that this program has real potential to address many of the problems that the black community encounters. I hope to see this program happen again and often!"

(Black Men Solidarity Circle Participant)



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# 2020-2021 CONSULTING PROJECTS

## WESLEYAN UNIVERSITY'S BLACK SOLIDARITY CIRCLE

For the Fall 2020 semester, HWC collaborated with Ujamaa (Wesleyan's Black Student Union) to create a solidarity circle that addressed emotional, spiritual, mental, and physical hygiene in relation to the Black experience! Students were able to discuss and explore the historical implications of wellness practices that exist within the Black community. This programming was adapted from the Black Women/Men Solidarity Circle that focused on love & it has helped us to evolve our culturally responsive programming for Black clients.

## HOMEWORKS' CONSULTATION ROUNDTABLE FOR WOMEN

Beginning in Fall 2020, HWC has been hosting a consultation roundtable for the young women of HomeWorks. "HomeWorks Trenton is a community-based, after-school residential program providing academic and social-emotional enrichment activities to supplement the public school system, to empower women, and to build community leaders." HWC is working with the young women of HomeWorks to evaluate and reflect on methods of integrating mindfulness practices within their lives and communities. We will continue our programming with HomeWorks throughout 2021.

## Trenton's First After-School Residential Program



## SETON HALL UNIVERSITY'S UPWARD BOUND TRIO PROGRAM FOR WOMEN

Beginning in 2021, HWC will be building out a curriculum for Seton Hall University's Upward Bound G.O.S.S.I.P. (GIRLS.ONLY.SHARING.STORIES.IN.PRIVATE) program. We are excited to embark on this partnership, especially as we continue to develop culturally specific wellness programming for our clients who identify as women of color.



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# A GIFT TO YOU!

## *Finding Our Purpose: A New Year Reflection*

- *With our clients, we have led sessions that explore ways to uncover and evaluate our life's purpose! As we head into the new year, we are sharing our life's purpose reflection with you!*
- *Instructions: Answer these questions honestly & openly! Playing music may facilitate more robust reflections!!*

*(Adapted from Richard J. Leider's The Power of Purpose)*

### *Unlock Your Story*

- What TV specials/ movies are you drawn to?
- Which leaders (science, politics, arts, etc.) inspire you?
- What type of community involvement interests you?
- What magazines, stories, pictures, social media accounts capture your attention the most?

### *Your Call to Action*

- What gift do people consistently come to you for or ask you for?
- What gift do others tell you, "You're so good at..."?
- What gift do you truly enjoy doing--you lose all track of time in doing it?

### *Imagining Your Future*

- **Your Purpose Statement:** I get up every morning to...(action verb because... (explanation)
- **Your Headline:** In 5 years, there's a news headline about your work, what does it say?
- **Your TV Show:** If you were asked to create a TV show based on your life, what would be the genre/story line?





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# GRATEFUL FOR YOU!

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## Gratitude!

- *We are grateful for your support, donations, and connections!*
- *We are grateful for our clients and program participants!*
- *We are grateful for the specialists, choreographers, teachers, and students who have joined us!*
- *We are grateful for our active followers on social media!*
- *We are grateful for supporters & benefactors who continue to spread the word about Holistic Wealth!*
- *We are grateful for the schools, universities, and programs who have trusted us to build community around sensitive topics!*
- *We are grateful for the clients, students, parents, and people who will benefit from our programs in 2021 and beyond!*

*If you have any questions, suggestions, or feedback, please contact us!*

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*Thank You,*

*Inayah*

*(Founder of Holistic Wealth, LLC)*

