

A MATCH MADE IN WELLNESS

get well soon



Good day from Get Well Soon!



Thank you for taking the time to review our proposal for collaboration. We are a fairly new but mighty wellness brand that offers a variety of services in Norfolk, Virginia. Get Well Soon, a minority and women owned business, was founded by Virginia Thornton and Zahra Ahmad to cater to a need they saw in themselves and in their community. Both founders suffered anxiety and depression in silence due to major life events such as loss and relocation. After realizing that many of their friends and family experienced similar issues, both Virginia and Zahra made a commitment to creating a fun and welcoming environment for self care and healing. Get Well Soon offers a variety of services, classes, wellness events, and more to help clients achieve healthier minds, bodies and souls.

our mission

With roughly 1 in 5 Americans on anti depressants and life today being as challenging as ever, mental health needs to be a priority. We aim to provide affordable feel good services, classes and wellness events that allow people to connect, relax and recalibrate. Additionally, and perhaps more importantly, we strive to provide a fun, inclusive community healing space, where everyone feels safe and welcome.

what we do

While we have a brick and mortar that services your face (esthetics), body (massage) and mind (meditation/yoga) our reach extends far beyond the confines of our physical establishment. We believe the key to a happy and healthy life starts with a healthy mind so we have taken our classes, programming and wellness events on the road!

Many businesses have incorporated health & fitness programs into their employee benefits - but what about programs that support self care, rest, recovery and mental well being? We believe the success of a company lies in the health and happiness and of its employees. Our goal is to help businesses infuse a culture of overall wellbeing to support and retain their top talent. Our wellness partnerships focuses on the mind, body and soul connection; stress management; and improving mental and emotional health - being kind to your mind!

Wellness options include but are not limited to:

- Yoga & Guided Meditation (move your body calm your mind!)
- Sound Healing Therapy
- Guided journaling workshops
- Breathwork Techniques
- Seminars, lectures and discussions on, but not limited to:
 - The virtue of gratitude
 - Neuroplasticity
 - Mastering the art of healthy living
 - Stress management
 - Cognitive therapy application
 - Inner Retrospection
- Discount for partners and their employees at our Brick and Mortar in Norfolk, Virginia
- A Camp Get Well Soon experience tailored to fit your company's needs
- Meditation and mindfulness sessions for public and private school systems
- Crafting activities (Busy hands make a quiet mind!)
- Curating and designing wellness and break room spaces (Zen Den's, Activations etc.)
- Onsite chair massages and other mini feel good services
- Hosted Game Nights (ie: Bingo!)
- Art therapy

our leaders



Zahra Ahmad
Cofounder/Executive Director



Virginia Thornton
Cofounder/Creative Director

our team

Rylan Chesley

Yoga/Meditation Instructor
CTT-200
Qualified mental health provider

Lenea Key

Yoga/Meditation Instructor
YTT-200

Janeen Whitten

Master Esthetician

India Middleton

Licensed Massage Therapist

Angela Griffen

Licensed Massage Therapist

Lian Mosher

Yoga/Meditation Instructor
MS, C-IAYT, E-RYT
Sound Healer

Ce'Ara Cannon

Yoga/Meditation Instructor
RYT-200
Trauma-Informed Focus

Ursula Salkey

Sound Healer

Kailey Blakeny

Master Esthetician

our space

The reception area is covered in our signature mint brand color, while the natural light in the back of studio provides the perfect backdrop for yoga and meditation.



why GWS?

Per NAMI (National Institute of Mental Health)

- 1 in 5 U.S adults experienced mental health issues in 2020, with 47% of those adults seeking treatment.
- The ripple effect of mental illness is vast, with those affected having 40% higher rates of cardiovascular and metabolic diseases, substance abuse issues, and higher rates of unemployment.
- Depression and anxiety disorders cost the global economy \$1 trillion annually in lost productivity and is the leading cause of disability worldwide

We must recognize the significant impact of the pandemic on our mental health — especially with much of the workforce returning to offices after long periods of teleworking. While mental and emotional well being should always be a priority, providing stress relieving activities, resources, events and other self care tools is now more important than ever.

Yoga, Meditation and Sound Healing benefits include:

- Decreased stress, anxiety and tension
- Improved sleep
- Decreased blood pressure
- Improved pain management
- Reduced memory loss
- Renewed sense of purpose, well-being, and happiness

Extensive studies have shown that a Corporate Wellness Programs yield significant returns:

- Fewer absences, improved employee retention
- Improved job performance and greater productivity
- Improved employee relation and morale leading to a more supportive and harmonious work place
- Improved productivity and focus
- Better emotional regulation and mood among workforce



current partnerships

Chrysler Museum, Norfolk VA

A art museum founded in 1933 with fifty galleries, and the only glass studio of its kind in the Mid-Atlantic region.

Assembly, Norfolk VA

Modern collaborative work space, office space and community of inspiring creators and technology innovators.

Something in the Water Music Festival

Pharrell's annual 3 day music festival, with over 60 performers, art and community events, and an attendance of 50,000+.



Virginia Museum of Contemporary Art, Virginia Beach VA

One of the most highly visited contemporary art museums in America with over 100,000 annual attendees, exhibiting internationally renowned artists, conducting studio art classes and community educational outreach.

Mighty Dream (previously Elephant in the Room) , Norfolk VA

Pharrell's annual forum/event of national and local corporate leaders engaging in discussion and promoting business in the Hampton Roads area.

Sentara Healthcare, Hampton VA

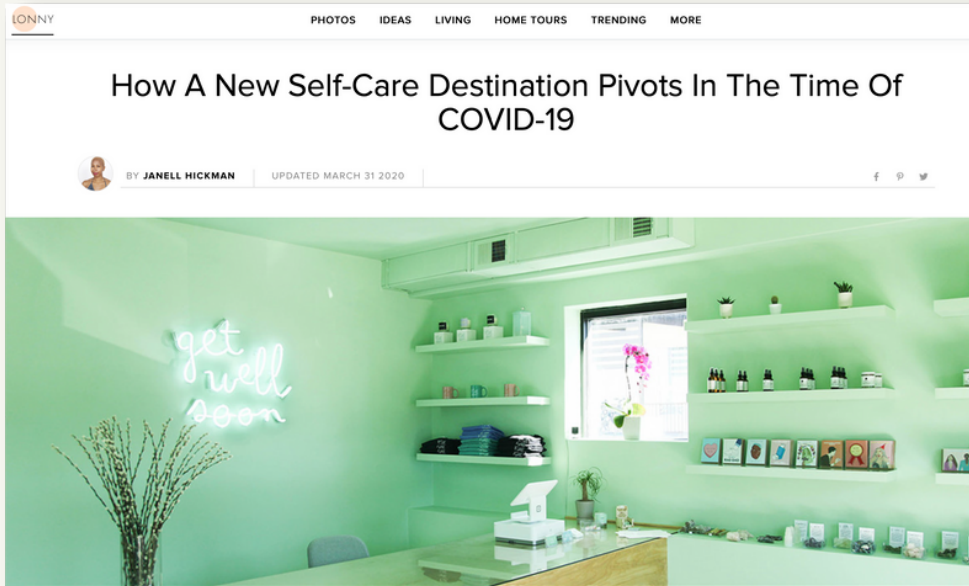
A not-for-profit healthcare organization based in Norfolk, Virginia offering services in 12 acute care hospitals, with 3,739 beds, 853,000 members in its health plan, 10 nursing centers, and three assisted living facilities across VA and NC.

this is what healing looks like...



get well soon

as seen in



LONNY.COM

Lonny is an online publication dedicated to interior design.

13 NEWS

Local news article highlighting the global trend of women leaving the workforce to become entrepreneurs

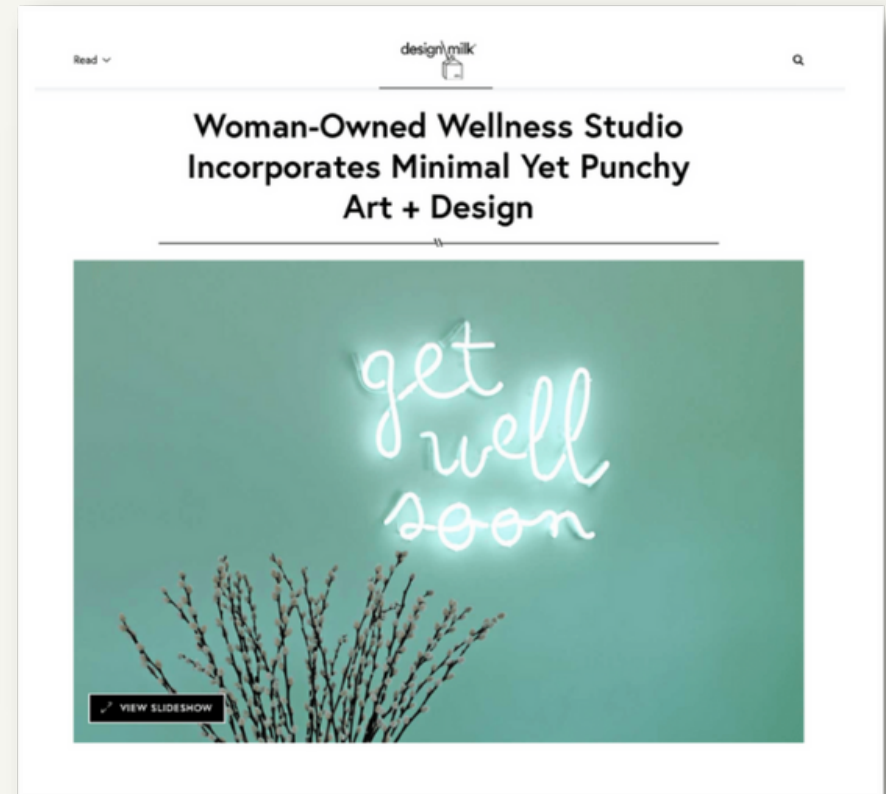
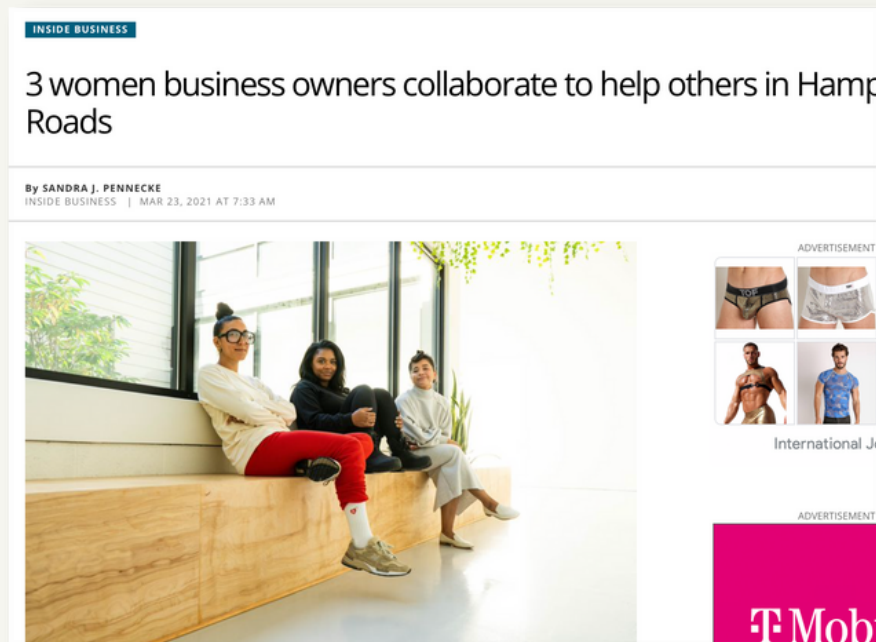


Tap the images to follow the article links

as seen in

PILOT ONLINE

Local news outlet featuring Get Well Soon and co-collaborator, Have a Good Day on our Make an Impact program which mentors and provides resources to new and aspiring business owners.



DESIGN MILK

Design Milk is an online publication dedicated to interior design.

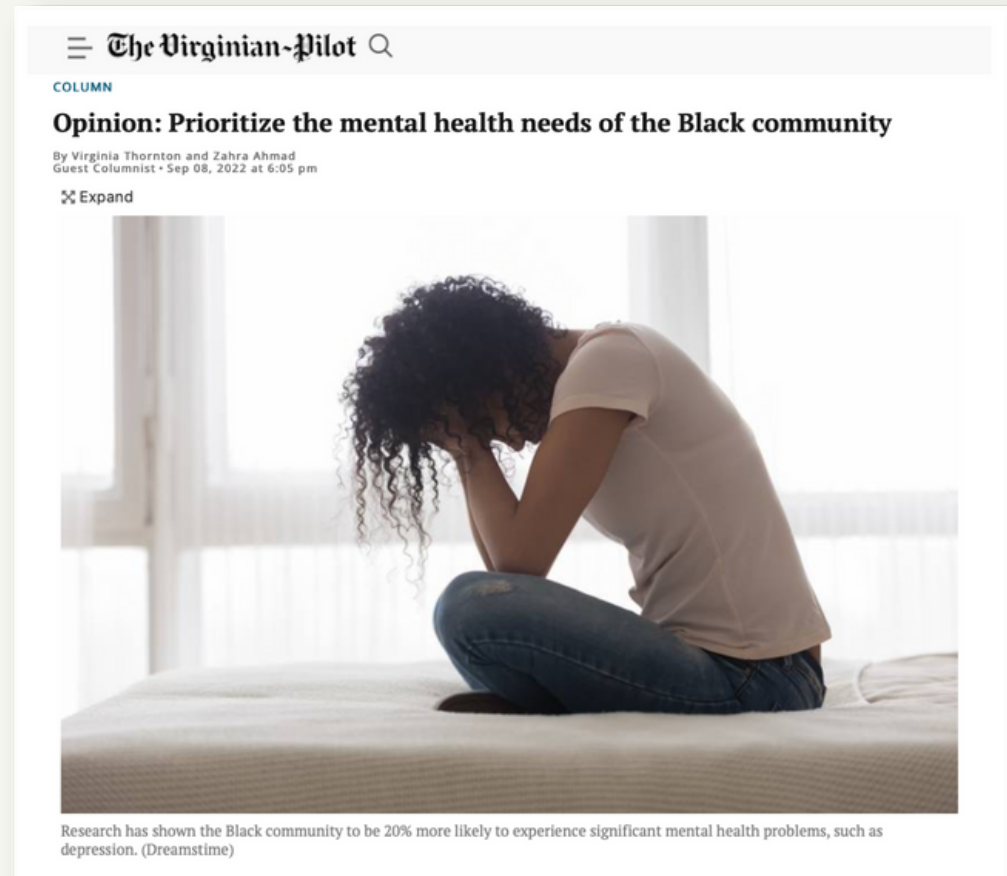
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as seen in



THE SCOUT GUIDE

A locally focused website and city guide



THE VIRGINIAN PILOT

The Virginian-Pilot is the daily newspaper for Norfolk, Virginia. Commonly known as The Pilot, it is Virginia's largest daily. It serves the five cities of South Hampton Roads as well as several smaller towns across southeast Virginia and northeast North Carolina.

Tap the images to follow the article links

Thank you!

To contact us regarding Corporate Wellness for your business, brand or team,
please email us at hello@getwellsoonxo.com

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