



Khadijih Mitchell

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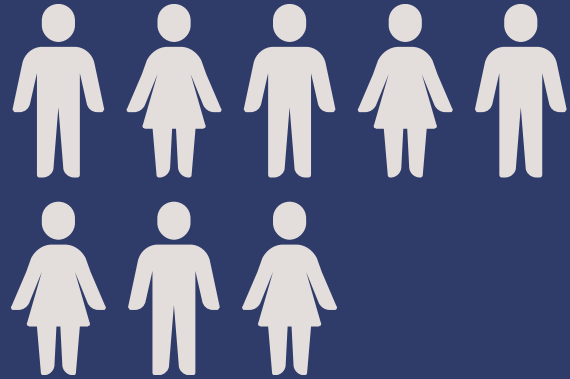
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[Schedule Consultation](#)



INSIGHTS

83%



In the U.S., **83% of workers experience work-related stress**, leading to costly issues such as absenteeism, high turnover, and reduced productivity. These stress-related challenges can cost businesses up to **\$300 billion annually**. *Financial Costs of Job stress. UMass Lowell. [Click for Link](#)*

KEY FINDINGS

- The World Health Organization (WHO) defines a **healthy workplace** as one where staff and leaders collaborate on a "continual improvement process to protect and promote the health, safety and well-being of all workers." This definition **considers the physical and psychosocial work environments** and community participation to **enhance overall well-being**. *Stoewen, D. L. Wellness at work: Building healthy workplaces. (PMC). [Click for Link](#)*
- Research shows mindfulness reduces stress, anxiety, and improves job satisfaction and leadership. However, team culture often outweighs individual mindfulness. **Team mindfulness builds collective awareness and well-being, enhancing team dynamics and goal alignment**. *Reitz, M. Why your team should practice collective mindfulness. (HBR). [Click for Link](#)*
- Studies by the HeartMath Institute explain that including **heart coherence** in workplace wellness programs **improves resilience, health, and performance, while reducing losses**. Coherence focused initiatives create a healthier, more connected, and productive workforce, benefiting individuals and the global environment. *HMI Research [Click for Link](#)*

Why Work With Me

Your success is my priority every day

When you partner with me, you're not just investing in meditation, mindfulness, and heart-coherence programs; **you're embracing a new era of compassionate leadership.** By integrating tools for emotional regulation and personal empowerment, we can transform workplace culture, inspire teams, and drive exceptional results.



Expert in Leveraging
Research & Data



Skilled in Nurturing
Leadership



Adept at Design &
Implementation



Consulting

One-on-One and Small Group Consulting.
Empowering Leaders to transform workplace culture for enhanced **employee retention and wellbeing.** Ideal for individuals in authority or management positions.



Workshops

Workshops offering **practical tools** to **integrate holistic wellness** into the **workplace.** Workshops specific for individuals in positions of management or for general employees.



Getting Started

All services are offered **Online** or **In Person.** **Schedule your complimentary consultation** to discuss how my services can work for you, your company, and your employees.

