



CALYPSO

HEALTH & WELLNESS

— LIFE COACHING, LLC —



Stress Management • Workplace Wellness • Transformational Wellness Coaching

*Helping individuals and organizations move from stress and overwhelm
to resilience, balance, and lasting transformation.*

CAPABILITY STATEMENT | WORKPLACE STRESS MANAGEMENT, WELLNESS & RESILIENCE SOLUTIONS



COMPANY OVERVIEW

Calypso Health & Wellness Life Coaching, LLC partners with individuals, small businesses, nonprofit organizations, and community partners to improve well-being through evidence-based stress management education, workplace wellness programs, resilience training, and transformational wellness coaching.

Through our DBA, Calypso Financial Solutions, we also provide bookkeeping, payroll, tax preparation, QuickBooks consulting, and financial wellness education to help businesses reduce financial stress and operate with greater confidence and efficiency.



CORE COMPETENCIES

- ✓ Workplace Stress Management Workshops
- ✓ Workplace Wellness Programs
- ✓ Burnout Prevention & Resilience Training
- ✓ Transformational Wellness Coaching
- ✓ Lifestyle Behavior Change Coaching
- ✓ Health & Wellness Education
- ✓ Financial Wellness Education
- ✓ Small Business Bookkeeping & QuickBooks Consulting



WHO WE SERVE



Small
Businesses



Nonprofit
Organizations



Community
Organizations



Faith-Based
Organizations



Government
Agencies



Individuals



SIGNATURE SERVICES

Stress Less, Thrive More™ WORKPLACE WORKSHOP

Evidence-Based Stress Management & Resilience Training



Workplace Stress Management Training



Lunch & Learn Wellness Sessions



Workplace Wellness Consulting



Financial Wellness Education



Bookkeeping, Payroll & Tax Support



WHY CHOOSE CALYPSO?

- ✓ Woman-Owned Small Business
- ✓ Active SAM.gov Registration
- ✓ MBA – Healthcare Administration
- ✓ Master of Divinity
- ✓ Bachelor of Social Work
- ✓ Certified Professional Health Coach
- ✓ Board Certified Mental Health Coach
- ✓ Certified QuickBooks ProAdvisor
- ✓ Evidence-Based Wellness Education
- ✓ Virtual & On-Site Service Delivery
- ✓ Optional faith-integrated coaching available upon request



EXPERIENCE

- Individual health and wellness coaching
- Workplace and community wellness education
- Financial coaching and small business support
- Bookkeeping, payroll, and QuickBooks consulting
- Wellness presentations for individuals and organizations



COMPANY INFORMATION

Legal Name:
Calypso Health & Wellness
Life Coaching, LLC

DBA:
Calypso Financial Solutions

Business Type:
Woman-Owned Small Business

Year Established: 2023



IDENTIFIERS

UEI:
YSNNWZDFX123

CAGE Code:
219K6



NAICS CODES

Primary NAICS
624190
Other Individual and
Family Services

Additional NAICS
611430 • 611710 • 541611
541219 • 541213 • 541214



CONTACT

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Moving you towards balance...

