CALYPSO HEALTH & WELLNESS
Life Coaching, LLC

SBA WOSB CERTIFIED

SBA HUBZONE CERTIFIED

HEALTHIER PEOPLE | HEALTHIER WORKPLACES | HEALTHIER BUSINESSES

COACHING | TRAINING | PROGRAM SUPPORT | FINANCIAL SUPPORT

COMPANY OVERVIEW

Calypso Health & Wellness Life Coaching, LLC helps government agencies, employers, nonprofits, healthcare and educational organizations, and small businesses build healthier people, healthier workplaces, and healthier businesses. We deliver professional health, wellness, and resilience coaching; workplace stress reduction and resilience training; and financial wellness education, with bookkeeping, payroll, tax, and QuickBooks support tailored to small businesses and nonprofits.

Our practical solutions help reduce burnout, strengthen well-being, support behavior change, and improve operational confidence.

CORE COMPETENCIES

- **Workplace Stress Management & Burnout Prevention**
  Evidence-based workshops and education that reduce workplace strain and build practical coping and recovery skills.
- **Employee & Leadership Resilience Training**
  Programs that strengthen adaptability, self-management, healthy leadership habits, and performance through change.
- **Workplace Wellness Program Development & Support**
  Customized wellness strategies, lunch-and-learns, program design, facilitation, and implementation support.
- **Professional Health, Wellness & Resilience Coaching**
  Individual and group coaching that uses evidence-based behavior-change strategies to strengthen well-being, resilience, and sustainable lifestyle habits.
- **Financial Wellness Education**
  Employee and small-business education that improves financial confidence and helps reduce money-related stress.
- **Small-Business Financial Management Support**
  Bookkeeping, payroll, tax preparation and planning, QuickBooks consulting, reporting, and organized workflows for small businesses and nonprofits.

DIFFERENTIATORS

- **The Calypso Resilience System™**
  A signature framework that integrates health coaching, behavior-change science, stress management, resilience education, and financial well-being into practical solutions.
- **Complementary wellness and financial expertise**
  Workforce wellness and resilience services are complemented by right-sized financial education and financial-management support for small businesses and nonprofits.
- **Evidence-based, action-oriented delivery**
  Programs translate coaching and behavioral science into useful tools, action plans, and measurable learning experiences.
- **Experienced cross-functional leadership**
  More than 20 years of healthcare leadership plus MBAs in Healthcare Administration and Human Resource Management, a BSW, M.Div., professional coaching credentials, and QuickBooks ProAdvisor expertise.
- **Scalable, government-ready delivery**
  SBA-certified WOman-Owned Small Business (WOSB) and HUBZone small business with active SAM.gov registration and customizable virtual or on-site delivery to support prime, subcontracting, and direct-award needs.

SELECTED PAST PERFORMANCE

- **Health, Wellness & Resilience Coaching | 2023–Present**
  Delivered individualized, evidence-based coaching focused on stress reduction, sustainable behavior change, resilience, and whole-person well-being for private clients since 2023.
- **Landscaping Business Growth | Financial Organization & Transition Support**
  Provided financial organization, bookkeeping cleanup, and operational support to a small landscaping business. Helped the business move from a sole proprietorship to an LLC and then to an S corporation, strengthening financial controls and operational systems.
- **Clothing Wholesale Business | Financial & Operational Improvement**
  Delivered bookkeeping cleanup, inventory and sales tracking structure, process improvements, and financial reporting to strengthen operations, clarity, and decision-making for a small clothing wholesale business.
- **Individual & Small-Business Clients | Prior-Year Tax Preparation & Financial Organization**
  Assisted individuals and small-business clients with preparing and filing multiple years of previously unfiled tax returns. Helped clients organize financial records and required documentation, work through fear and avoidance surrounding overdue filings, and address outstanding tax-filing responsibilities in manageable steps.

COMPANY DATA

LEGAL NAME
Calypso Health & Wellness Life Coaching, LLC

BUSINESS TYPE
Small Business

YEAR ESTABLISHED
2023

UEI
YSNNWZDFX123

CAGE CODE
219K6

PSC CODES
R499 | U099 | U006 | U008 | R408

PRIMARY NAICS
624190 - Other Individual and Family Services

ADDITIONAL NAICS
611430 | 611710 | 541611 | 541214 | 541213 | 541219

CONTACT
Holly Loyer, CEO

PHONE
(910) 317-4747

EMAIL
calypsohealthandwellness@gmail.com

LOCATION
Whiteville, North Carolina

Helping organizations thrive through workplace wellness, personal resilience, and financial well-being.