

BeHold

A project of Community Partners

"BeHold a world where every life matters."

MISSION STATEMENT

BeHold is committed to empowering people and organizations in the human services field so that they may continue to provide their essential services. BeHold models the truth, integrity and self-empowerment needed to make service work sustainable. These principles are at the foundation of the holistic healing and educational programs we provide.

**HUMAN SERVICE WORKERS
ARE THE HEART OF CHANGE**

OUR PROGRAM

BeHold has created the *Care for Caregivers* program to support those who professionally nurture, help and care for others so that they may continue to provide their essential services.

Care for Caregivers is a therapeutic wellness program offered to non-profit organizations and human services agencies. Selected employees receive weekly Integrated Energy Therapy® sessions from certified IET practitioners. This program empowers participants to sustain the health, well-being, commitment and passion that are necessary for them to continue providing their critical services and to maintain a love for what they do on an on-going basis.

OUR 12-WEEK PROGRAM

The twelve-week program is designed to maximize results at a safe and effective pace.

- Weeks 1 - 4
- Introduction to Integrated Energy Therapy
 - Begin re-balancing the energy of the body's cellular memory
- Weeks 5 - 8
- Clear energy blocks related to the physical body & emotions
 - Begin releasing blocks that address the roots of subconscious beliefs & behaviors
- Weeks 9 - 12
- Self-realization & empowerment
 - Stimulates & activates the energy of your life's purpose

BY TARGETING HUMAN SERVICE WORKERS OUR IMPACT IS EXPONENTIAL



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