



CAPABILITY STATEMENT

Workforce Wellness • Leadership Development
Organizational Growth • Professional Training

WHY MIRROR 2 THE HEART®

Mirror 2 the Heart® PLLC bridges the gap between behavioral health expertise and organizational performance.

Unlike firms that focus solely on counseling or consulting, we integrate clinical expertise, workforce wellness strategies, leadership development, and organizational consulting to create practical, people-centered solutions that strengthen individuals, teams, and workplace culture.



OUR CAPABILITIES

Behavioral Health Consulting

- EAP Services
- Clinical Consultation
- Crisis Response

Workforce Wellness

- Employee Well-Being
- Stress Management
- Workplace Wellness Programs

Leadership Development

- Leadership Training
- Team Development
- Conflict Resolution

Organizational Growth

- Organizational Consulting
- Strategic Planning
- Program Development

Professional Training

- CEU Presentations
- Workshops
- Conference Speaking
- Professional Development

COMPANY SNAPSHOT

Established

2009

Business Type

Woman-Owned Small Business

Business Structure

PLLC

Headquarters

Harrisburg, NC

Primary Service Area

North & South Carolina

UEI

LKLJCAFFDKF6

CAGE

87WL5

Business Certifications

WOSB | SPSF | SBE | HUB

KEY CLIENTS

Mecklenburg County
Workplace Options
Compsych Guidance Resources
Spectrum
Livingstone College
Axonal Mind
NC & DC EAPA
Per Scholas
YMCA

INDUSTRY CLASSIFICATIONS

621330 – Mental Health Counseling
621420 – Outpatient Behavioral Health
541611 – Management Consulting
541612 – Human Resources Consulting
611430 – Professional Development Training
611710 – Educational Support Services

ARC Mentality® | Accountable • Relatable • Consistent
Building Healthier People. Stronger Organizations. Lasting Impact.
www.mirror2theheart.com | 980-859-3331 | info@mirror2theheart.com

Serving Federal • State • Local Government • Higher Education • Nonprofit • Corporate Organizations

DIFFERENTIATORS

- Customized consulting, training, and workforce wellness strategies tailored to organizational needs
- Behavioral health expertise integrated with organizational consulting
- Evidence-based solutions grounded in clinical practice and real-world application
- Proven experience serving government, higher education, nonprofit, healthcare, EAP, and corporate clients
- ARC Mentality® —Accountable. Relatable. Consistent.—driving sustainable organizational growth
- Collaborative approach focused on strengthening people, leadership, and organizational performance

PAST PERFORMANCE

Workplace Options (Global)

Selected to develop and deliver behavioral health and professional development training for an international workforce, equipping clinicians across multiple countries with practical strategies for culturally responsive care, effective workplace communication, and workforce effectiveness.

Mecklenburg County

Developed and delivered a customized mental wellness workshop for first responders, equipping participants with practical strategies to build resilience, and manage occupational stress.

Axonal Mind

Provided behavioral health consulting to support clinical program development & training, workflow design, compliance, documentation standards, and operational planning for an emerging behavioral health organization.

Livingstone College

Directed the TRIO Student Support Services program, providing leadership development, academic coaching, and behavioral health support to strengthen student success, retention, and personal growth.

ComPsych Guidance Resources

Delivered Employee Assistance Program (EAP) counseling services, supporting employees through workplace, family, and behavioral health challenges while promoting resilience and productivity.

YMCA

Provided board leadership and behavioral health expertise to support strategic planning, community wellness initiatives, and organizational growth.

PROFESSIONAL CREDENTIALS

- Licensed Clinical Mental Health Counselor Supervisor (LCMHCS)
- Licensed Professional Counselor Supervisor (LPCS)
- National Certified Counselor (NCC)
- Certified Employee Assistance Professional (CEAP)
- Approved Clinical Supervisor (ACS)
- Certified Advanced Grief Counseling Specialist (CAGCS)
- Critical Incident Responder (CIR)

Strengthening People. Empowering Leaders. Transforming Organizations.