



Community reintegration

CLIENT:
US Army

INDUSTRY:
Military Government

ISSUES TO ADDRESS:
Reintegration

ENGAGED BY:
Department of Defense

AVENIR SERVICES:
Training

THE GOAL: Reintegration after deployment to combat zone

THE CHALLENGES: Long and multiple deployments put severe strain on families and individuals. Relationships suffer, stress levels are very high, and normal routines have been disrupted.

THE SOLUTION: Enhance communication, increase mutual understanding, normalize stress and the negative effects, identify areas of growth and strength, and resolve stress in the entire mind-body system.

THE OUTCOME: Information and tools to reduce conflict and substance use, increase resiliency, establish a “new normal” in routines and relationships.



Mental Strength

CLIENT:
US Army

INDUSTRY:
Military Government

ISSUES ADDRESSED:
Stress-related disorders

ENGAGED BY:
Army personnel

AVENIR SERVICES:
Coaching

THE GOAL: To return to healthier and more sustainable mental and physical conditions.

CHALLENGES: Very poor quality sleep for over a year, extremely high resting heart rate, inability to stop working, failed relationships.

THE SOLUTION: A blend of mindfulness, Somatic Experiencing® and HeartMath® techniques to bring the brain-body system back into a coherent, balanced state.

THE OUTCOME: Within 6 coaching sessions over Skype, improved sleep time and quality; fewer anger outbursts, off heart medication, life-work balance, and general feeling of being back in control.