

Hervival®

LEGAL BUSINESS NAME: GLOBAL THRIVE ENTERPRISE LLC.
NEW YORK CITY M/WBE CERTIFIED



hervival®

Hervival was founded Feb of 2021 and is currently headquartered in Stamford, CT. We empower women of color leaders and partner with corporations to foster stress management, prevent burnout, and enhance productivity through mindful holistic practices, creating a lasting impact on well-being and work culture.

HIRE US FOR YOUR NEXT:

Company Conference, Team Virtual Event, Wellness Event, Sales Training, or Retreats

3 REASONS TO DO BUSINESS WITH US:

- **Experienced:** 20 years of collective Health and Wellness experience, specializing in Gut Health, Mindfulness, and Holistic Wellness.
- **Promoting Cultural Competence in Holistic Health:** We prioritize culturally competent Holistic Wellness, promoting a holistic approach to better health through breathwork and lifestyle habits.
- **Valued Partner:** Our focus is to prioritize clients by delivering high-quality, budget-friendly solutions and services efficiently and professionally.

CORE COMPETENCE

- **Wellness Workshops**
 - Nutrition Education
 - Mindfulness & Holistic Wellness
 - Burnout & Productivity
- **Consultations**
 - Health and Lifestyle Coaching
 - Gut Health
 - Nutrition & Supplementation

SERVICES OFFERED

Keynote Speeches |
Workshops | 1:1 Coaching |
Consulting

ORGANIZATIONS WE HAVE WORKED WITH:



Lauren Wells | CEO & FOUNDER

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