

SOUND BATHS & WELLBEING FOR YOUR COMPANY



Jessica
Valor

Sound Bath Facilitator, Inspirational
Speaker, Lifestyle Coach, & Astrologer

Jessica Valor is a Spiritual Teacher, Visionary Healer, Intuitive Astrologer, and Shamanic Sound Alchemist. She is also a best-selling author and the founder of The Healer's Academy and the Ascension Business Mastermind.

She shares her teachings and transformative offerings with thousands each year, guiding individuals and leaders in the realms of conscious leadership, intuitive intelligence, energy medicine, and personal development. With a presence that blends ancient wisdom and modern insight, she empowers others to awaken their gifts, align with purpose, and embody their highest potential.

SIGNATURE TOPICS

- ✓ True – Self Empowerment
- ✓ Wellbeing and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Breathwork and Meditation

Bring Sound Baths To Your Workplace

Sound Bath Experiences offer a space to unplug from work, life, and environmental stressors to push the reset button and fill your cup.

When we feel good, we do good.

BENEFITS OF SOUND BATH EXPERIENCES FOR YOUR COMPANY AND TEAM

- Release stress, anxiety, and feeling overwhelmed
- Feel more relaxed, clear, and confident
- Boosts immune system & more restful sleep
- Release muscle tension
- Overall improved wellbeing
- Sense of clarity, focus, and peacefulness
- Feel lighter, happier, and experience increased energy
- Feel more present, calm, and centered
- Team building, better work environment, positive office morale
- Improves mental health and relaxes the nervous system



Please feel free to reach out for any questions.

CLIENT FEEDBACK

"Jessica Valor is able to mix spirituality and strategy for the powerful and perfect combination that helps people in business to connect the dots and flourish in their work so they can make a bigger impact in the world. She brought soothing energy to the stage and held space for all of those in the room to shift their energy to a higher vibrational state and lean into their own truths. Using meditation and visualizations she was able to not only share her work but let us experience it and what a gift to be able to show up fully in service on the stage and guide us all back to ourselves."

Chantelle Adams

Get in Touch!

✉ jessica@jessicavalor.com

🌐 www.jessicavalor.com

☎ 770.990.7808