

# DESTINY MOORE SALDÍVAR

WELLNESS CONSULTANT



## HOLA!

I'm a Black Dominican-American wellness consultant that leverages the power of journaling to help deepen self-awareness, heal & grow. I lean on 9+ years of direct experience with vulnerable populations that helps me support people, especially BIPOC, in a gentle & affirming way.

I graduated from SUNY New Paltz with a B.A. in Psychology & Columbia School of Social Work with a Master's Degree. I'm also certified in Journal Therapy & have my New York State Social Work License.

My wellness business was founded in 2018. Since then I have served over 200 womxn of color with wellness resources, coaching & events. We've also raised \$6,000+ to support various BIPOC wellness causes both domestic & abroad.

## SERVICES

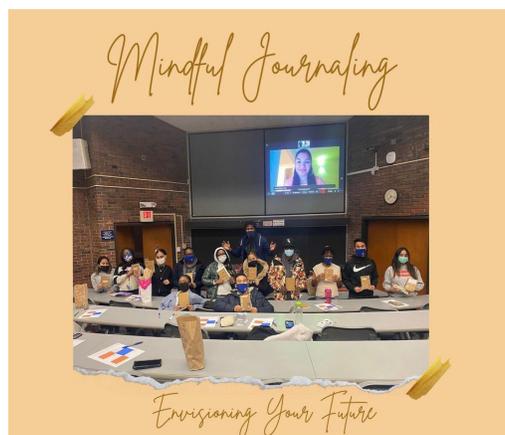
As a licensed social worker, I specialize in group facilitation for people ages 18-45. My trauma-sensitive, strengths-based approach helps participants feel safe & empowered to show up as their authentic selves.

I'm a firm believer in actionable & practical wellness. Each session walks participants through mindfulness-based stress reduction techniques to use past our time together!

## POTENTIAL TOPICS

- Journaling for Self-Love
- Mindfulness 101
- Improving Your Self-Talk
- Goal-Setting & Visualization
- Stress Management
- Journaling for Anxiety
- & more!

\*I can also develop a session with objectives you've already set



# ABOUT MY WORK



## TESTIMONIALS

"Destiny did an amazing job facilitating this workshop. We've been sticking to a hybrid model for the past few months, and she rolled along with it adjusting in real time. She managed to create a safe and inviting space for students to share their thoughts. My students were looking forward to the event and she did not disappoint!"

— **Nancy Campos, PhD, Director SUNY New Paltz C-STEP**

"From the start, Destiny was very responsive to our needs and helped us bring our vision to reality. During the event, she not only facilitated discussions around career goals and interests but also cultivated a safe and brave space for self and group reflection. She led a meditation session during the workshop and guided the participants through a powerful visualization exercise. Afterwards, we continued to receive positive feedback on Destiny's facilitation skills, energy and thoughtfulness."

— **Gaby Dominguez, Columbia University**



"The activities that Destiny planned were thought-provoking and truly allowed me to dig deep to places I had not visited in a long time. It was a transformational experience. I had no expectations and I'm a way I felt like all the unspoken ones were surpassed by Destiny's beautiful guiding touch. I found her insight and ability to help us flow in conversation especially during our circles amazing."

— **Jesenia Angeles, Workshop participant**

"I never considered journaling as an experience of rewriting or choosing the narrative. I found that extremely helpful and or useful. Moreover, I also gained [the idea that I can be more "active" or intentional with my journaling by incorporating all of my five senses. I may have listened to music while writing my thoughts. Nonetheless, I wouldn't have considered including all of the 5 senses. Definitely going to try this!"

— **Priscilla, Workshop participant**