

GENERAL SERVICES ADMINISTRATION

Federal Acquisition Service

Authorized Federal Supply Schedule FSS Price List

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA *Advantage!*®, a menu-driven database system. The INTERNET address GSA *Advantage!*® is: GSAAdvantage.gov.

Multiple Award Schedule

FSC Group: Professional Services- Training and Office Management- Media Products
Contract number: 47QRAA24D005S

Contract period: March 25, 2024 through March 24, 2029

Your Healthy Reality LLC
300 Cadman Plaza West, 12th Floor
Brooklyn, NY 11201
929-489-2341

www.yourhealthyreality.com

Contract administration source (if different from preceding entry).
Char Newell

Business size: Small

For more information on ordering, go to the following website: <https://www.gsa.gov/schedules>

Prices Shown Herein are Net (discount deducted)

CUSTOMER INFORMATION

1a. Table of awarded special item number(s) with appropriate cross-reference to item descriptions and awarded price(s).

SINs	SIN Title
611430	Professional and Management Development Training
511130	Books and Pamphlets

1b. Identification of the lowest priced model number and lowest unit price for that model for each special item number awarded in the contract. This price is the Government price based on a unit of one, exclusive of any quantity/dollar volume, prompt payment, or any other concession affecting price. Those contracts that have unit prices based on the geographic location of the customer, should show the range of the lowest price, and cite the areas to which the prices apply. [See Page 4](#)

1c. If the Contractor is proposing hourly rates, a description of all corresponding commercial job titles, experience, functional responsibility and education for those types of employees or subcontractors who will perform services shall be provided. If hourly rates are not applicable, indicate "Not applicable" for this item. [See Page 4](#)

2. Maximum order: [\\$1,000,000](#)

3. Minimum order: [\\$100](#)

4. Geographic coverage (delivery area). [Domestic](#)

5. Point(s) of production (city, county, and State or foreign country). [63 Country Dr E, Staten Island, NY 10314](#)

6. Discount from list prices or statement of net price. **Government Net Prices (discounts already deducted.)**

7. Quantity discounts. [5% off of sales to a single vendor greater then \\$50,000](#)

8. Prompt payment terms. [Net 30 days](#) Information for Ordering Offices: Prompt payment terms cannot be negotiated out of the contractual agreement in exchange for other concessions.

9. Foreign items (list items by country of origin). [Not Applicable](#)

10a. Time of delivery. (Contractor insert number of days.) [7 DARO](#)

10b. Expedited Delivery. Items available for expedited delivery are noted in this price list. [Contact Contractor](#)

10c. Overnight and 2-day delivery. [Contact Contractor](#)

10d. Urgent Requirements. [Contact Contractor](#)

11. F.O.B. point(s). **Origin**

12a. Ordering address(es). 63 Country Dr E, Staten Island, NY 10314

12b. Ordering procedures: See Federal Acquisition Regulation (FAR) 8.405-3.

13. Payment address(es). 63 Country Dr E, Staten Island, NY 10314

14. Warranty provision. Standard Commercial Warranty Terms & Conditions

15. Export packing charges, if applicable. Not Applicable

16. Terms and conditions of rental, maintenance, and repair (if applicable). Not Applicable

17. Terms and conditions of installation (if applicable). Not Applicable

18a. Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices (if applicable). Not Applicable

18b. Terms and conditions for any other services (if applicable). Not Applicable

19. List of service and distribution points (if applicable). Not Applicable

20. List of participating dealers (if applicable). Not Applicable

21. Preventive maintenance (if applicable). Not Applicable

22a. Special attributes such as environmental attributes (e.g., recycled content, energy efficiency, and/or reduced pollutants). Not Applicable

22b. If applicable, indicate that Section 508 compliance information is available for the information and communications technology (ICT) products and services and show where full details can be found (e.g. contractor's website or other location.) ICT accessibility standards can be found at:
<https://www.Section508.gov/>.

Not Applicable

23. Unique Entity Identifier (UEI) number. UACHS143RQK1

24. Notification regarding registration in System for Award Management (SAM) database. Contractor registered and active in SAM

GSA Price List

N/SIN(s) PROPOSED	PRODUCT NAME	GSA Price
511130	Book: The Yellow Weed	\$ 11.98
511130	Journal: 30 Days	\$ 17.12
SIN/SIN(s) Proposed	Labor Category/Service Title	GSA Price
611430	Culture Assessment/Organizational Development	\$12,846.35

SIN/SIN(s) Proposed	Course Title	GSA Price
611430	The Emotional Intelligent Leader: Leading from the Inside Out Professional Development Training Virtual	\$3,425.69
611430	The Blueprint to Authenticity: A Clear Pathway to discovering the real you Professional Development Training Virtual	\$3,425.69
611430	Quiet Your Mental Storm: Empower yourself to create the life you want Professional Development Training Virtual	\$3,425.69
611430	Eliminating Chaos & Stress through Time Management and Productivity Professional Development Training Virtual	\$3,425.69
611430	Communication through Empathy Professional Development Training Virtual	\$3,425.69
611430	The Emotional Intelligent Leader: Leading from the Inside Out Professional Development Training Inperson	\$5,138.54
611430	The Blueprint to Authenticity: A Clear Pathway to discovering the real you Professional Development Training Inperson	\$5,138.54
611430	Quiet Your Mental Storm: Empower yourself to create the life you want Professional Development Training Inperson	\$5,138.54
611430	Eliminating Chaos & Stress through Time Management and Productivity Professional Development Training Inperson	\$5,138.54
611430	Communication through Empathy Professional Development Training Inperson	\$5,138.54
611430	30 Days to a New You Safe Space Group Coaching	\$17,128.46
611430	One-on- One Leadership Coaching/Development	\$2,569.27

Service Contract Labor Standards: The Service Contract Labor Standards (SCLS), formerly known as the Service Contract Act (SCA), is applicable to this contract as it applies to the entire Multiple Award Schedule (MAS) and all services provided. While no specific labor categories have been identified as being subject to SCLS/SCA due to exemptions for professional employees (FAR 22.1101, 22.1102 and 29 CFR 541.300), this contract still maintains the provisions and protections for

SCLS/SCA eligible labor categories. If and / or when the contractor adds SCLS/SCA labor categories to the contract through the modification process, the contractor must inform the Contracting Officer and establish a SCLS/SCA matrix identifying the GSA labor category titles, the occupational code, SCLS/SCA labor category titles and the applicable WD number. Failure to do so may result in cancellation of the contract.

Descriptions

Labor Category/Service Title	Labor Category/Service Description
Culture Assessment/Organizational Development	<p>Comprehensive 360 Assessments Human Capital Assessment 360 Assessments Communication Plan Design</p> <p>Your company culture—shaped by your values, behaviors, and everyday interactions—directly influences your organization's growth and success. At Your Healthy Reality, we blend corporate life coaching with strategic HR expertise to help you build a culture that truly reflects your mission and energizes your people.</p> <p>Through our signature 7-step coaching approach, we support you in:</p> <ul style="list-style-type: none"> ✓Discovering and defining your current culture ✓Conducting comprehensive 360 Assessments to gain holistic feedback across all levels of the organization ✓Assessing your human capital to identify strengths and opportunities ✓Designing clear, values-driven communication plans that promote connection and transparency <p>When employees feel seen, heard, and valued, they show up more engaged, productive, and committed. This program is designed to foster a sense of belonging while aligning your team around a shared purpose.</p>

Course Title	Course Description	Course Length	Minimum Participants	Maximum Participants
The Emotional Intelligent Leader: Leading from the Inside Out Professional Development Training Virtual	<p>Delivered Virtually: Your mind is the place where promises and failures are planted. Your past experiences live in your mind, and the ability to be successful starts with how you think and react to unplanned situations. Emotional Intelligence is defined as a set of competencies demonstrating the ability one has to recognize his or her behaviors, moods, and impulses, and to manage them best according to the situation.</p> <p>This course will give you the tools you need to be emotionally intelligent in your workplace. An employee with high emotional intelligence can manage his or her own impulses, communicate with others effectively, manage change well, solve problems, and use humor to build rapport in tense situations. These employees also have empathy, remain optimistic even in the face of adversity, and are gifted at educating and persuading especially in a sales situation and resolving customer complaints in a customer service role.</p> <p>By the end of this session, you will be able to...</p> <ol style="list-style-type: none"> 1. Define and practice self-management, self awareness, self-regulation, self-motivation, and empathy. 2. Exercise self-control while expressing yourself passionately and authentically 3. Gain deep understanding of the conscious and subconscious mind 4. Take control of your relationships at work and create rewarding partnerships 	2 hours	5	25

<p>The Blueprint to Authenticity: A Clear Pathway to discovering the real you Professional Development Training Virtual</p>	<p>Delivered Virtually: Do you want to learn how to protect your inner image from self-sabotage and allow your winning spirit to show up to the table at all times? Did you know you have the power to reframe your entire story and slam the door on toxicity? Your mind is the place where promises and failures are planted. We place an enormous amount of pressure on ourselves to deliver, build, grow, sell, and continuously create positive trends that will lead to positive bottom lines.</p> <p>Over time, these pressures are transferred to the employees and before you know it the work-environment becomes toxic. As we grow, we learn to become leaders. Being a leader is natural for some and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.</p> <p>Coaching Outcomes</p> <p>By the end of this session, you will learn...</p> <ol style="list-style-type: none"> 1. Authenticity: How to always show up as your authentic self 2. Identify inner values and skillfully exhibit them to control daily outcomes 3. How to create your story so the right people audition for the part 4. Learn how your inner values translates in the world and ultimately becomes responsible for the people you attract 	<p>2 hours</p>	<p>5</p>	<p>25</p>
---	--	----------------	----------	-----------

<p>Quiet Your Mental Storm: Empower yourself to create the life you want Professional Development Training Virtual</p>	<p>Delivered Virtually: Life constantly demands our attention, but when we become fixated on the past or worried about the future, we often miss vital information in our present situations. Cultivating a state where you are consistently aware of your present moment is not impossible, but it takes practice. Nevertheless, by learning to abide in the present, you acquire a sense of perspective that can allow you to learn from the past without it overwhelming you with resentment and regret, and plan for the future without it overwhelming you with anxiety or dejection.</p> <p>99% of our days are filled with thoughts and emotions. How we feel is a direct connection to how we think, so it's important to get our thoughts in alignment with our emotions so our emotions can guide our physical to creating that life we so desire to live. Stress is a state of emotional or mental strain. Stress management is all about taking charge of your lifestyle, habits, emotions, thoughts and the ways, with which you deal with problems. No matter how stressful your life is, there are always some steps and ways you can take to relief the pressure and regain control. In this course you will learn; practical strategies for gaining emotional control, game changer routines for putting an end to workload anxiety, and empowering yourself to start creating.</p> <p>Coaching Outcomes:</p> <ol style="list-style-type: none"> 1.Transform anger & anxiety into resilience and creative energy 2. Develop techniques to make oneself more attuned to the present moment 3. Learn how to identify and counter distorted thinking 4. Learn how to cultivate genuine positive emotions 5. Understand the value and utility of one's emotions 6. Learn how to gain emotional freedom and take charge of your life during high stressful situations 	<p>2 hours</p>	<p>5</p>	<p>25</p>
--	---	----------------	----------	-----------

<p>Eliminating Chaos & Stress through Time Management and Productivity Professional Development Training Virtual</p>	<p>Delivered Virtually: The world is filled with distractions. With technology advancing at a rapid pace, we have a million ways to easily be distracted and focusing on what's really important becomes an impossible task. And yet staying focused is exactly what it takes to get things done and get ahead. In order to get more done and be more productive, good time management skills are essential. We all have days that are less productive, but our overall productivity should be high from one day to the next. To come up with a strategy for time management, you need to know yourself. You need to understand your personality, how well you prioritize and organize, and how self-disciplined you are. You also need to have a good grasp on which methods of organization work best for you in terms of scheduling your time. This workshop will help you set the foundation for managing your time which will lead to you being productive on a daily basis.</p> <p>Coaching Outcomes: By the end of this session, you will be able to...</p> <p>Plan and prioritize each day's activities in a more efficient, productive manner</p> <ol style="list-style-type: none"> 1. Create realistic weekly plans that will help you avoid procrastination 2. Increase focus and minimize the impact of distractions. 3. Learn how to eliminate the time killers, and gain more free time 4. Ensure you are working on the right things at the right times by setting goals 	<p>2 hours</p>	<p>5</p>	<p>25</p>
--	--	----------------	----------	-----------

<p>Communication through Empathy Professional Development Training Virtual</p>	<p>Delivered Virtually: For the better part of every day, we are communicating to and with others. Whether it's the speech you deliver in a meeting, the level of attention you give your employees when they are talking to you, or that look you give your spouse, it all means something. Empathy is the art of seeing the world as someone else sees it. It helps us to communicate our ideas in a way that makes sense to others, and it helps us understand others when they communicate with us.</p> <p>The Communication through Empathy development course will help you understand how your communication can have many different effects on your life; such as, your level of stress, your relationships with others, your productivity, and the ability to meet your goals and solve problems.</p> <p>Empathy is one of the foundational building blocks for making a positive impact on your organization's culture.</p> <p>Coaching Outcomes</p> <p>By the end of this session, you will learn...</p> <ol style="list-style-type: none"> 1.What is empathy and why is it important to be empathetic at work 2. Identify barriers to communication and how to overcome them 3. Identifying various communication styles 4. The role of empathy in crisis communication 5. Approach difficult conversations with confidence 6. Build successful relationships from the ground up 	<p>2 hours</p>	<p>5</p>	<p>25</p>
--	--	----------------	----------	-----------

<p>The Emotional Intelligent Leader: Leading from the Inside Out Professional Development Training Inperson</p>	<p>Delivered In-Person: Your mind is the place where promises and failures are planted. Your past experiences live in your mind, and the ability to be successful starts with how you think and react to unplanned situations. Emotional Intelligence is defined as a set of competencies demonstrating the ability one has to recognize his or her behaviors, moods, and impulses, and to manage them best according to the situation.</p> <p>This course will give you the tools you need to be emotionally intelligent in your workplace. An employee with high emotional intelligence can manage his or her own impulses, communicate with others effectively, manage change well, solve problems, and use humor to build rapport in tense situations. These employees also have empathy, remain optimistic even in the face of adversity, and are gifted at educating and persuading especially in a sales situation and resolving customer complaints in a customer service role.</p> <p>By the end of this session, you will be able to...</p> <ol style="list-style-type: none"> 1. Define and practice self-management, self awareness, self-regulation, self-motivation, and empathy. 2. Exercise self-control while expressing yourself passionately and authentically 3. Gain deep understanding of the conscious and subconscious mind 4. Take control of your relationships at work and create rewarding partnerships 	<p>4 hours</p>	<p>5</p>	<p>25</p>
---	---	----------------	----------	-----------

<p>The Blueprint to Authenticity: A Clear Pathway to discovering the real you Professional Development Training Inperson</p>	<p>Delivered In-Person: Do you want to learn how to protect your inner image from self-sabotage and allow your winning spirit to show up to the table at all times? Did you know you have the power to reframe your entire story and slam the door on toxicity? Your mind is the place where promises and failures are planted. We place an enormous amount of pressure on ourselves to deliver, build, grow, sell, and continuously create positive trends that will lead to positive bottom lines.</p> <p>Over time, these pressures are transferred to the employees and before you know it the work-environment becomes toxic. As we grow, we learn to become leaders. Being a leader is natural for some and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.</p> <p>Coaching Outcomes By the end of this session, you will learn...</p> <ol style="list-style-type: none"> 1.Authenticity: How to always show up as your authentic self 2. Identify inner values and skillfully exhibit them to control daily outcomes 3. How to create your story so the right people audition for the part 4. Learn how your inner values translates in the world and ultimately becomes responsible for the people you attract 	<p>4 hours</p>	<p>5</p>	<p>25</p>
--	--	----------------	----------	-----------

<p>Quiet Your Mental Storm: Empower yourself to create the life you want Professional Development Training Inperson</p>	<p>Delivered In-Person: Life constantly demands our attention, but when we become fixated on the past or worried about the future, we often miss vital information in our present situations. Cultivating a state where you are consistently aware of your present moment is not impossible, but it takes practice. Nevertheless, by learning to abide in the present, you acquire a sense of perspective that can allow you to learn from the past without it overwhelming you with resentment and regret, and plan for the future without it overwhelming you with anxiety or dejection.</p> <p>99% of our days are filled with thoughts and emotions. How we feel is a direct connection to how we think, so it's important to get our thoughts in alignment with our emotions so our emotions can guide our physical to creating that life we so desire to live. Stress is a state of emotional or mental strain. Stress management is all about taking charge of your lifestyle, habits, emotions, thoughts and the ways, with which you deal with problems. No matter how stressful your life is, there are always some steps and ways you can take to relief the pressure and regain control. In this course you will learn; practical strategies for gaining emotional control, game changer routines for putting an end to workload anxiety, and empowering yourself to start creating.</p> <p>Coaching Outcomes:</p> <ol style="list-style-type: none"> 1.Transform anger & anxiety into resilience and creative energy 2. Develop techniques to make oneself more attuned to the present moment 3. Learn how to identify and counter distorted thinking 4. Learn how to cultivate genuine positive emotions 5. Understand the value and utility of one's emotions 6. Learn how to gain emotional freedom and take charge of your life during high stressful situations 	<p>4 hours</p>	<p>5</p>	<p>25</p>
---	---	----------------	----------	-----------

<p>Eliminating Chaos & Stress through Time Management and Productivity Professional Development Training Inperson</p>	<p>Delivered In-Person: The world is filled with distractions. With technology advancing at a rapid pace, we have a million ways to easily be distracted and focusing on what's really important becomes an impossible task. And yet staying focused is exactly what it takes to get things done and get ahead. In order to get more done and be more productive, good time management skills are essential. We all have days that are less productive, but our overall productivity should be high from one day to the next.</p> <p>To come up with a strategy for time management, you need to know yourself. You need to understand your personality, how well you prioritize and organize, and how self-disciplined you are. You also need to have a good grasp on which methods of organization work best for you in terms of scheduling your time.</p> <p>This workshop will help you set the foundation for managing your time which will lead to you being productive on a daily basis.</p> <p>Coaching Outcomes:</p> <p>By the end of this session, you will be able to...</p> <p>Plan and prioritize each day's activities in a more efficient, productive manner</p> <ol style="list-style-type: none"> 1. Create realistic weekly plans that will help you avoid procrastination 2. Increase focus and minimize the impact of distractions. 3. Learn how to eliminate the time killers, and gain more free time 4. Ensure you are working on the right things at the right times by setting goals 	<p>4 hours</p>	<p>5</p>	<p>25</p>
---	---	----------------	----------	-----------

<p>Communication through Empathy Professional Development Training Inperson</p>	<p>Delivered In-Person: For the better part of every day, we are communicating to and with others. Whether it's the speech you deliver in a meeting, the level of attention you give your employees when they are talking to you, or that look you give your spouse, it all means something. Empathy is the art of seeing the world as someone else sees it. It helps us to communicate our ideas in a way that makes sense to others, and it helps us understand others when they communicate with us.</p> <p>The Communication through Empathy development course will help you understand how your communication can have many different effects on your life; such as, your level of stress, your relationships with others, your productivity, and the ability to meet your goals and solve problems. Empathy is one of the foundational building blocks for making a positive impact on your organization's culture. Coaching Outcomes</p> <p>By the end of this session, you will learn...</p> <ol style="list-style-type: none"> 1. What is empathy and why is it important to be empathetic at work 2. Identify barriers to communication and how to overcome them 3. Identifying various communication styles 4. The role of empathy in crisis communication 5. Approach difficult conversations with confidence 6. Build successful relationships from the ground up 	<p>4 hours</p>	<p>5</p>	<p>25</p>
---	---	----------------	----------	-----------

30 Days to a New You Safe Space Group Coaching	<p>30 Days to a New You Safe Space Group Coaching Program.</p> <p>I We have no doubt that there are great leaders and professionals in the right positions, but they are being held back by their own limiting beliefs. Even a great strategy can't succeed without the right mindset to implement it. Our interactive and professional development coaching is designed to help employees get a pulse on the business while creating a map to reach their personal and professional goals.</p> <p>Our coaching will give them the necessary skills they need to function at their highest level.</p> <ol style="list-style-type: none"> 1. Employees will become Emotionally Intelligent 2. You will begin to design a culture that promotes the "whole person" showing up to work 3. Communication will improve amongst employees and managers 4. Employees will begin to show up as their best-self 5. You will have a more productive workforce <p>4 Weeks Coaching Program (meet once per week) Group coaching sessions (Virtual or In-person) Up to 10 Employees per cohort A "30 Days to a new you Journal" for each participant Self-Care Tools Relationship Org Chart Template</p>	4 Weeks	5	10
--	---	---------	---	----

One-on- One Leadership Coaching/Development	<p>The true goal of leadership is to create a productive environment focused on emotional intelligence, where employees will not require management to function. Our leadership coaching services can help employees discover their true purpose and align that purpose with the goal of your organization. Without the right mindset, your business strategy will have zero chance of success.</p> <p>Your Healthy Reality can help you rediscover who you are as a company, management, leader, or employee.</p> <p>This program is designed for the employee's personal development and advancement; to help them map out a path to success. In this program, they'll learn about the key performance indicators that are impacting the business, and how to effectively realign their business strategy to gain an edge in a competitive environment.</p> <p>"Coaching Plan</p> <ul style="list-style-type: none"> ■ Focus on career and professional development ■ Identify key areas that impacts the business ■ Create road map to success in professional life ■ Design integration plan of mission and vision for the department ■ Standardize key systems & processes that ensures business success" 	Four 1 hour sessions per month	1	1
---	---	--------------------------------	---	---

Book: The Yellow Weed	<p>The Yellow Weed: How to Recognize and Embrace the Process Before the Blessings. The "weed" represents the mysterious things that happens in your life that are unexplainable. It can be viewed internally as an unplanned surprise in life that has either caused you pain or brought you joy. It's very important to connect the mysteries of life back to God, because everything that grows within you was not planted by you. The yellow weed teaches you how strengthening your spiritual connection is key to how you react, learn and grow from all the unplanned weeds in life! The author Char Newell uses a clever but simple story to show you how to recognize and understand the process before the blessings, as well as how to look for the lessons in your painful experiences that were meant to be tools that you'd need along your journey. Explore a way to help you succeed at life that consists of not giving up and accepting life as it comes, The Yellow Weed.</p>
-----------------------	---

<p>Journal: 30 Days</p>	<p>30 Days To A New You Journal. Your absolute guide to developing self-awareness, developing a positive mindset, and mastering discipline.</p> <p>As easy as it may seem, not everyone has control over their lives. Activities and engagements that happen in their lives keep overwhelming them and most times, it becomes difficult to deal with. Are you finding it difficult to have control over your life? Do you always have negative thoughts concerning things going on in your life? Do you want a new you? If yes, then this journal is for you!</p> <p>Here's what this journal will help you with:</p> <p>Self Awareness: If you are looking towards having a positive mindset, then you need to be self-aware. This journal will teach you how to recognize your emotions, as well as how to deal with your challenges and use your strengths. It would teach you values and how they impact greatly in your life.</p> <p>Discipline: Discipline is a good trait that everyone should have. This journal will help you learn how to hold yourself accountable for achieving and accomplishing certain goals in your life. You will be able to set guidelines and work towards exceeding your expectations. You'll learn how to refrain from doing certain things that negatively impact your life.</p> <p>A Positive Mindset: If you have a positive mindset, you can be able to exceed expectations and do several other things you are afraid of. You will begin to see things in a different light and it would increase your hope in things happening in your life. This journal will help you shape your thoughts and help you navigate your life towards positivity.</p>
-------------------------	--