

Awakening Wellness Within, LLC dba VLB Life - Capability Statement

Educator Wellness | Staff Resilience | Stress Reduction | Nervous System Regulation Education

Capabilities

- VLB Life provides educator wellness, staff resilience, stress-reduction, and nervous system regulation education for schools, districts, and community organizations.
- Programs are designed by a former 1st and 2nd grade teacher with 9 years of classroom experience in public and private school settings.
- Training helps teachers and school staff understand how chronic stress affects energy, patience, focus, emotional regulation, and classroom presence.
- Participants learn practical, non-medical tools they can use during the school day, including breathing, grounding, micro-pauses, decompression routines, and healthy habit strategies.
- Programs may be delivered as 60-90 minute professional development sessions, half-day trainings, staff wellness workshops, or 4-week educator wellness series.
- Custom handouts, reflection worksheets, follow-up resources, and participant action steps can be created for each school or audience.

Sample Program Titles:

- Resilient Educators: Stress Reduction & Nervous System Tools for School Staff
- The Calm Classroom Starts with the Teacher
- Teacher Reset: Practical Tools for Burnout Prevention
- Healthy Habits for Energy, Focus, and Emotional Resilience
- Recovery, Boundaries, and Sustainable Self-Care for Educators

Key Company Information

Legal Name: Awakening Wellness Within, LLC

DBA: VLB Life

Business Type: Small business; woman-owned

Owner: Vickie Beineke

Service Area: Greenville / Upstate South Carolina; virtual delivery available

Accepts: Credit card, electronic payment, invoice

Codes:

- NAICS 611430 - Professional and Management Development Training
- NAICS 611710 - Educational Support Services
- NAICS 624190 - Other Individual and Family Services
- NAICS 541611 - Administrative Management and General Management Consulting Services

Past Performance

Education / Professional Experience:

- Former 1st and 2nd grade teacher with 9 years of classroom experience, including public school and private school settings.
- Former Greenville County Schools educator with firsthand understanding of classroom stress, teacher burnout, staff demands, and the need for practical tools that fit the school day.
- Master's-level educator skilled at translating complex concepts into clear, engaging, and usable professional development content.

Commercial / Community Experience:

- Private wellness education and coaching through VLB Life, including stress support, healthy habits, and nervous system regulation education.
- Development of multi-week wellness programs, participant handouts, reflection worksheets, and follow-up resources.
- Experience serving local and virtual clients with compassionate, practical, and individualized wellness education.

Government Past Performance:

- Available upon award / to be developed through school district, local government, municipal, and subcontracting opportunities.

Contact Information

Vickie Beineke

Owner | Traditional Naturopath | Wellness Educator

Awakening Wellness Within, LLC dba VLB Life

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Differentiators:

- Former elementary educator with a Master's in Education
- 9 years teaching 1st and 2nd grades; public and private school experience
- Firsthand understanding of teacher stress, classroom demands, and emotional fatigue
- Traditional Naturopath and Certified Natural Health Professional
- Practical, compassionate, trauma-informed approach