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# AGOH



[www.agoodnessofheart.com](http://www.agoodnessofheart.com)

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# Who we are:

- Stephanie Insinna-Sahondo: Founder
- Laura Badcock: Advisor
- Allestair Sahondo: Advisor
- Special thanks to James Perez (JP) Foster and  
S.C.O.R.E. Mentor, Jim Wason

# What We Want:

## → Wellness for Everyone

- A Goodness of Heart was born from the idea that all people, regardless of how much money they make, deserve to feel like a whole person. Whether it's working with a life coach, getting a massage, receiving some one-on-one guided relaxation, these services are often out of reach to low-income earners.
- We want to change that!

# A Bold Idea

## **Mission:**

A Goodness of Heart is dedicated to creating a supportive and inclusive online community where individuals can access self-care services that promote well-being and connection. We believe that everyone deserves to feel connected, restored, and empowered, regardless of how much money they make.

## **Vision:**

A world where low-income earners have access to compassionate, high-quality services, regardless of their circumstances, fostering dignity, connection, and well-being for all.

# What's in it for Providers?

*Also, providers keep 100% of their fee when members book. We won't take anything! (unlike some other group discount sites)*

## Empathy & Compassion

Many providers are in their profession because they have a strong desire to help others. A sense of fulfillment occurs when we can make a positive impact on someone's life. Offering your skills to those in need can be a way to express this compassion.

AGOH will allow providers to offer as many free sessions as you feel is comfortable for your livelihood. AND... there won't be direct requests because the AGOH platform will manage all of the requests and/or waitlists (should there be a need for that).

# What's in it for Providers?

**For being a AGOH provider, you'll receive access to a provider community where you can connect with other AGOH providers and trade services**

## Connection & Community

A Goodness of Heart will connect providers to a new client base and to each other. This connection can help create a sense of community which can be deeply fulfilling for all parties.

As a AGOH Provider, you will also receive AGOH branding that will help others recognize your contributions to your community both online and at your location(s).

# What's in it for Providers?

## Sense of Purpose

Giving back to community can provide a deep sense of purpose. A Goodness Of Heart can help give a sense of fulfillment for providers by aligning your work with your altruistic values.

# What's in it for Providers?

## Healing & Gratitude

For those receiving the services, there's often a profound sense of gratitude and emotional healing. Providers can experience the emotional reward of knowing they've contributed to someone's well-being who may not have otherwise been able to receive it.