

# RMC HOLDINGS, LLC

## CAPABILITIES STATEMENT

RMC Holdings, LLC is a women-owned and operated small business with over 20+ years of industry experience. We provide nationwide training and workshops on well-being, leadership and development, emotional intelligence, self-awareness, and stress management tools. We service the government, military, and civilian business sectors at the federal, state and local levels.

We strive to create a stronger and more resilient workforce by utilizing science backed mindfulness training methods all while developing empathetic leaders in work, life, and community.

## CORE COMPETENCIES

- Stress Management & Burnout Prevention
- Leadership & Development Training
- Communication & Problem Solving
- Personal & Professional Goal Setting Assessment
- Emotional Intelligence
- Coaching/Leading/Mentorship
- Mindfulness Based Stress Reduction
- Yoga & Meditation (Stress Relief & Workplace)

## DIFFERENTIATORS

- More than 15+ years leading people in Private Sector for real life experience and 4+ years Facilitating for business entities
- Flexible Scheduling and ability to be On-Site or Remote
- Trauma informed training approach
- Tailored programming to clients needs and desired outcomes

## PAST PERFORMANCE

- 1) US Customs Border Patrol
- 2) HAVAS Media
- 3) AXON
- 4) HCA Healthcare
- 4) Mariott Bonvoy



## CODES & CERTIFICATIONS

UEI: NB6BRCDD2D83  
CAGE CODE: 9N2A6



200HR Yoga Teacher Training  
200HR Meditation Teacher Training  
Certified Mindfulness Based Stress Reduction Training

## NAICS CODES:

541612 (Main) - Human Resources Consulting Services  
611430 - Professional and Management Development Training  
813920- Professional Organizations  
611699 - All Other Miscellaneous Schools and Instruction  
812990- All Other Personal Services

U008- EDUCATION/TRAINING- TRAINING/CURRICULUM DEVELOPMENT

R497- SUPPORT- PROFESSIONAL: PERSONAL SERVICES CONTRACTS



## ROSA CASTANO

CEO & Founder

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dba Workplace Stress Solutions

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