

Capability Statement: The Mindful Ego, LLC

Core Competencies

- Life coaching (individual, group, couples)
- Mindfulness training and stress management
- Trauma recovery and resilience programs
- Relationship and communication skills development
- Customized workshops for employee wellness and professional growth

Differentiators

- Unique police background: expertise in trust-building, conflict resolution, and crisis management
- Specialized in trauma recovery and stress management for high-pressure environments
- Holistic, results-driven approach with measurable outcomes
- Flexible delivery: virtual, on-site, and self-paced options
- Proven track record with diverse populations (youth, adults, couples)

Past Performance

- Delivered 6-week transformation programs with 90%+ participant satisfaction
- Facilitated group coaching for improved morale and reduced absenteeism
- Positive testimonials from private clients (references available upon request)

Company Data

- Legal Name: The Mindful Ego, LLC
- D-U-N-S Number: 13-481-9201
- NAICS Codes: 812990, 624190, 624100, 611430, 541612
- Certifications: Certified Professional Coach, Women-Owned, Minority-Owned, Small Business
- Insurance: General Liability, E&O, [Cyber Liability if added]
- Website: [Themindfulego.coach/](https://themindfulego.coach/)
- Contact: Jazzmon Edmundson, Support@Themindfulego.coach, (470) 562-3140

Government Business Contact

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