Dionne Setien LLC

GOVERNMENT & COMMUNITY WELLNESS SERVICES

Transforming lives. Designing spaces. Strengthening communities.

CAPABILITY
Statement
2026

Company Overview

Dionne Setien LLC is a Florida-based wellness education company providing bilingual (English & Spanish) programs, workshops, consulting services and community-centered initiatives for older adults, youth, employees, families, visually impaired individuals, community organizations and underserved populations.

Programs are evidence-informed, accessible and customized to each organization, and are delivered in person throughout Florida and virtually or in hybrid formats across the United States.

> *"Healthy communities begin with healthy people." — Dionne Setien, MS, CLC, CH, CMI*

Core Competencies · Signature Programs

Golden Wellness Reset™
Senior wellness, gentle movement, mindfulness and social connection.

Inner Light™
Accessible, audio-based meditation and wellness for blind and visually impaired adults.

Workplace Reset™
Employee wellness, stress reduction, burnout prevention and resilience.

Life Stories & Legacy™
Reminiscence, storytelling and emotional wellness for older adults.

Tiny Hugs, Big Lessons™
Children's literacy, social-emotional learning and character development.

Wellness-Centered Interior Design™
Education and consulting on environments that support well-being.*

Legacy Studio™
Custom children's books, community education books, guides and campaigns.

Youth Development & Life Skills
Confidence, kindness and healthy habits for schools and recreation programs.

Differentiators

- Bilingual program delivery (English, Spanish or bilingual sessions)
- Psychology-informed design: Master of Science in Psychology (major in Mental Health Counseling) plus wellness, mindfulness and hypnotherapy certifications
- Accessible program design, including programming for blind and visually impaired participants
- Unique combination of wellness education, children's literacy and publishing, and wellness-centered design
- Flexible, scalable delivery: in person, virtual (Zoom, Google Meet), hybrid and multi-site

Company Data

Name	Dionne Setien LLC
Based in	Florida, USA
Serving	Florida (in person) · United States (virtual)
SAM.gov	Registered
UEI	Coming soon
CAGE	Coming soon
Languages	English & Spanish

NAICS Codes

611430	Professional & Management Development Training
611710	Educational Support Services
624190	Other Individual & Family Services
541611	Administrative & General Management Consulting
541410	Interior Design Services*

Delivery

In person · Virtual · Hybrid · Multi-site · English · Spanish · Customized

We Partner With

Federal, state & local government · municipalities · Area Agencies on Aging · senior centers · assisted living · libraries · schools & universities · parks & recreation · healthcare organizations · veteran organizations · nonprofits · community centers · employers

POINT OF CONTACT
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Dionne Setien LLC

CAPABILITY STATEMENT · EXPERIENCE & CREDENTIALS

Relevant Experience

- **6+ years** in psychology-informed roles supporting adults and older adults in psychosocial rehabilitation programs, supportive living communities and wellness-focused settings.
- Developed and facilitated structured group activities, mindfulness programs, wellness education, life skills training and community-based initiatives.
- **8 programs developed** for diverse populations; **300+ lives impacted** through coaching, wellness education, meditation and workshops.
- Children's author: *Tiny Hugs, Big Love* (available on Amazon), with the Tiny Hugs, Josh, Kofi and Drake collections in development.
- Commercial design and project management for restaurants, retail, hospitality and commercial environments in South Florida, including the design vision and project management for La Bodeguita del Medio, a $10M landmark on Coral Way, Miami.

Community Service

- America Reads Program (Miami Dade College): literacy support for elementary students
- Camillus House: service to individuals experiencing homelessness
- Miami Mangrove Forest Project with environmental artist Xavier Cortada (approx. 800 volunteers)

Program Process

- 1. Consultation 2. Program customization 3. Scheduling
- 4. Program delivery 5. Follow-up & community impact

Education & Certifications

- Master of Science in Psychology, major in Mental Health Counseling (now working in life coaching; not currently practicing mental health counseling)
- Bachelor's degree in Interior Design, Miami International University of Art & Design (work showcased during Art Basel Miami)
- Mindvalley Certified Life Coach
- Mindvalley Certified Six-Phase Meditation Instructor
- Certified Hypnotherapist
- Generative AI Mastery certificate (Outskill)
- Bilingual: English & Spanish

Outcomes We Design For

Community engagement · Social connection · Reduced stress · Greater resilience · Participant well-being · Healthier workplace culture · Literacy · Inclusive programming

Topics

Mindfulness & meditation · breathwork · stress management · healthy aging · sleep & relaxation · emotional wellness · gratitude · gentle movement · burnout prevention · emotional intelligence · work-life balance · storytelling & legacy · social-emotional learning · biophilic design · lighting & color for wellness · accessibility

REQUEST A PROPOSAL

Let's build healthier communities together

(305) 877-3081 · dionne@dionnesetien.com
dionnesetien.online/civic-wellness

Programs are wellness education. They are not therapy, counseling, medical or clinical services. Dionne Setien is not currently practicing mental health counseling and is not a licensed mental health counselor. *Dionne Setien holds a Bachelor's degree in Interior Design and is not a licensed interior designer in Florida; services in Florida are limited to work not requiring licensure, and licensed professionals are engaged when required.