



# Elite Life Consulting

A Life of Fulfillment begins  
with Elite Mentality...



[elitelifeconsulting.com](http://elitelifeconsulting.com)

## ORGANIZATIONAL SERVICES **BROCHURE**

EMPLOYEE ASSISTANCE PROGRAMS  
WORKPLACE TRAINING  
ORGANIZATIONAL WELLNESS

# Table of Contents

<b>Cover Page</b> Organization name, tagline, logo, and contact information	01
<b>Who We Are</b> Brief organizational overview, founding story, and mission statement	03
<b>Our Reach</b> Operational presence across Nigeria, the United Kingdom, the United States, and globally	04
<b>Meet Our Team</b> Founder and clinical leadership bios with credentials	05
<b>Our Services</b> Employee Assistance Program (EAP) Workplace Training and Workshops Organizational Wellness Consulting	19
<b>Why Elite Life Consulting</b> Key differentiators and value proposition	23
<b>Our Approach</b> Clinical philosophy, cultural responsiveness, and integrated care model	25
<b>Who We Serve</b> Target industries, workforce types, and population specialties	26
<b>Impact and Social Proof</b> Statistics, testimonials, and partner organizations	27
<b>Engagement and Pricing Models</b> How organizations partner with us and what to expect	29
<b>Getting Started</b> Next steps, free consultation offer, and onboarding overview	34
<b>Back Cover</b> Contact information, website, social media, and QR code	35

# WHO WE ARE

Founded in October 2020 after a decade of research and preparation, Elite Life Consulting is a registered mental health and psychosocial services organization delivering evidence-based care to individuals, families, and organizations across Nigeria, Africa, the United Kingdom, the United States, and the global diaspora.

We are officially registered with the Corporate Affairs Commission of Nigeria as Elite Life Consulting Ltd, and we operate with the clinical rigor, ethical standards, and cultural sensitivity that today's global workforce demands.



## OUR VISION

A world where wholeness, wellness and fulfillment is everyone's reality.



## OUR MISSION

To improve the quality of people's lives by providing contemporary mental health and psychosocial services that is easily accessible to individuals, families and groups in accordance with global best practice.

## Our Tagline

*A Life of Fulfillment Begins with Elite Mentality*

## Year Founded

Registered as Elite Life Management Consulting, October 2020 (Business Name: 3221373)

Incorporated as Elite Life Consulting Ltd, February 2025 (CAC)

## Legal Registration

Corporate Affairs Commission of Nigeria | Quarterly Legal Retainer with Licensed Counsel

## Delivery Modes

In-person (client-preferred location or primary office) and secure telehealth — available across all three countries of operation.

# OUR REACH

Elite Life Consulting is one of the few mental health organizations in the African diaspora space with active operational presence across three continents. This gives us a unique ability to serve multinational organizations, diaspora workforces, and cross-border institutions.

<p><b>Nigeria — Primary Base</b></p>	<p><b>United States</b></p>
<p>Suite 45 Swift Plaza, Aguwan Anaekwe Street, Wuye District, Abuja, FCT. In-person and virtual services available nationwide.</p>	<p>Virtual and hybrid services delivered through our US-based clinical leadership. Specialized support for immigrant and diaspora workforce populations.</p>
<p><b>United Kingdom</b></p>	<p><b>Global Reach</b></p>
<p>Remote and partner-supported services for Nigerian diaspora communities, UK-based organizations, and international NGOs.</p>	<p>Conference presentations, virtual summits, and media engagements extending our impact across West Africa, Europe, and North America.</p>



## MEET OUR LEADERSHIP



### FOLA KAREEM

mNACP, mNPA, MS MFT, QMHP-C

Founder and Executive  
Director

Elite Life Consulting

I did not set out to found an organization. I needed a platform to serve individuals, families, and communities by helping people understand that positive change is possible, and with the right mindset, inevitable.

As a young Nigerian science student determined to help people heal, I initially pursued medicine. But a defining encounter of faith reoriented my sense of purpose. Soon after, a cultural exchange program took me to the United Kingdom, where living among people from different backgrounds expanded how I saw the world.

It was during my time in Brighton, while cataloguing books at the Brighton Peace and Environment Centre, that I discovered *The ABCs of Psychology*. Reading it repeatedly, I began to see a pattern: long before distress shows outwardly, it has already taken root internally. That realization was clear. I was meant to help people heal from the inside out. I returned to Nigeria and changed course entirely, pursuing psychology at Obafemi Awolowo University.

What I encountered in the Nigerian psychology landscape deepened my frustration. The discipline was largely academic and disconnected from lived realities. In practice, I saw professionals sidelined while people struggled, often turning to patterns that did not help them grow, from unhealthy relational dynamics to an overreliance on belief systems where practical solutions were needed. These patterns were not harmless. They were quietly weakening individuals and communities over time.

I could no longer accept a system that did not offer something better.

Elite Life Consulting was founded on a simple belief: **people deserve access to tools that actually work.** The name emerged from an insight during an International Olympic Committee certificate course on mental health in elite sports. What set elite performers apart was not talent alone, but mindset, a deliberate and professionally nurtured relationship with their own thinking and capacity for growth. I questioned why that standard should be reserved for the exceptional few. **It should not.** Every person has the capacity to move from victimhood to an abundant mindset, to discover a genuine sense of purpose, and to engage with others across difference with both confidence and humility.

That is the Elite Life we exist to cultivate.

We believe that **strong individuals build strong teams, and strong teams build great nations.** Personal

development is not a private pursuit. It is foundational. When people grow within themselves, they contribute more meaningfully to the collective. Improvement becomes culture, not obligation, one where unity in diversity is practiced rather than performed, and where every individual understands that their growth and the growth of those around them are inseparable.

To every organization reading this: **your people are not underperforming because they lack ability.** In many cases, they lack the right environment, the right tools, or a professional partner who understands both the science and the soul of human development. Elite Life Consulting exists to be that partner.

The work of building great organizations begins where we least expect it. It begins within. This is why we say at Elite Life that...

A life of fulfillment begins with Elite Mentality.



# Meet Our Consultants



## **Dr. Ajirotutu Omotayo**

Consultant Clinical Psychologist/Board Member

Dr. Ajirotutu is a consultant clinical psychologist who is passionate about self development, training, and individual wellness. He believes in the wholistic individual and this has channelled his focus to study human and human behaviour.



## **Dr. Emmanuel Aniekan Essien**

Consultant Psychiatrist/Public Health Specialist

Dr. Essien is a Consultant Psychiatrist and Public Health Specialist with expertise in addiction medicine and evidence-based therapies. He leads clinical services in Calabar and is committed to compassionate, client-focused care and expanding access to mental health support.

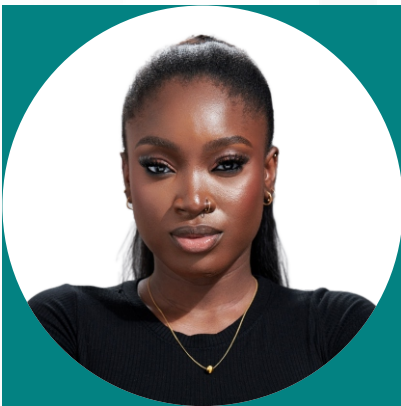


## **Sr Helen Eleh Egberi**

Clinical Psychologist & Psycho-spiritual Therapist

Sr Helen is a compassionate Mental Health Practitioner and Catholic Nun with advanced training in Clinical Psychology and Psycho-Spiritual Therapy. She integrates diverse therapeutic approaches to support clients with empathy and insight, drawing on experience from clinical settings across Nigeria and Kenya.

**NB:** Please note that Elite Life Consulting collaborates with a diverse range of consultants from various fields, who are engaged on a part-time basis. The list provided should not be construed as an exhaustive representation of all the individuals we work with.

**Halima Mason**

Sex & Relationship Therapist

Halima is a compassionate Sex and Relationship Therapist known for her holistic, trauma-informed approach. She helps adults and couples navigate intimacy, emotional wellness, and relationship challenges using evidence-based, culturally sensitive therapies.

**Dr. James Sunday**

Licensed Clinical Psychologist

Dr. James Robson Sunday is a Clinical Psychologist with a PhD in Clinical Psychology from the University of Uyo, where he also earned his first and second degrees. With over five years of hands-on clinical experience, he provides compassionate, evidence-based psychological care to individuals navigating emotional, behavioral, and mental health challenges.

**Sarima Worgu**

Counselling Psychologist

Sarima is a trained Counselling Psychologist who is certified in Family Therapy and Cognitive behavioural skills. She is also an applied Behavioural Analyst/Speech Therapist, an Emotional Competence Trainer, a Child Forensic Expert and Learning Skill Facilitator.

**Folajaiye Kareem**

Licensed Clinical Psychologist

Folajaiye brings over a decade of distinguished experience in clinical psychology across diverse international and domestic healthcare settings. Currently practicing in the United States, he founded Elite Life Consulting and currently volunteer with the team in my spare time to expand mental health access without geographical and socioeconomic barriers.



## **Obinwanne Ogbemor**

**Clinical Psychologist**

Obinwanne Ogbemor is a compassionate mental health professional with extensive experience in clinical psychology, she has an M.Sc. in Clinical Psychology (2025) and holds a B.Sc. in Psychology.



## **Adeniyi Ojuope**

**Psychologist**

Adeniyi is a passionate Psychologist dedicated to transforming lives through specialised mental health support for children, adolescents, and adults facing emotional and/or behavioural challenges, as well as relational difficulties.



## **Abdulmalik Olaosebikan**

**Licensed Clinical Psychologist**

Abdulmalik is a licensed clinical psychologist dedicated to providing compassionate, evidence-based mental health support to individuals across diverse age groups and cultural backgrounds.



## **Samuel Akpakpan**

**Licensed Clinical Psychologist**

Samuel is a licensed, well experienced, competent and compassionate Clinical Psychologist who is passionate about delivering patient-centered care through the provision of scientifically proven therapeutic interventions, seeking to leverage expertise to enhance mental wellbeing in a dynamic setting.

## Meet Our Advisory Board Members

### **Prof. Helen Okhiaofe Margaret Osinowo**

Professor Helen Okhiaofe Osinowo is a retired Professor of Clinical, Health, and Forensic Psychology from the Department of Psychology, University of Ibadan, Nigeria. Over a career spanning more than four decades, she established herself as one of Africa's most accomplished clinical and forensic psychologists, leaving a legacy that has permanently shaped professional psychology in Nigeria.

Her journey into the health professions began in nursing. She trained at the School of Nursing, University College Hospital, Ibadan, graduating in 1973 with the Nightingale Silver Medal as the best in her class, and subsequently qualified as a Registered Midwife at Wesley Guild Hospital, Ilesha — again receiving first prize for her graduating set. This grounding in clinical care gave her a uniquely human-centered foundation for her psychological career.

Her academic training spanned two continents: a B.A. Hons. in Social Sciences from the University of Westminster, London (1978), an M.Sc. in Criminology and an M.Sc. in Clinical Psychology from the University of Ibadan (1981 and 1983), and a Ph.D. in Clinical Psychology from the Institute of Psychiatry, University of London (1990), where she trained under Professor Gísli Hannes Guðjónsson and Professor William Yule. On October 1,



2004, she was appointed Professor of Clinical Psychology at the University of Ibadan — the first woman to hold that distinction in the University's history and the first professor in that specialisation within the Faculty of Social Sciences.

She also served as President of the Nigerian Association of Clinical Psychologists, shaping professional standards and advocacy at the national level. Over her career, she supervised up to a multitude of Ph.D., M. Phil, M.Sc and B.Sc students— several of whom have themselves attained professorial rank — and authored over 90 publications spanning Clinical, Forensic, and Health Psychology.

Professor Osinowo's retirement marks the close of an extraordinary chapter defined by intellectual rigour, clinical excellence, and an enduring investment in the next generation of Nigerian psychologists.

## Gboyega E. Abikoye, PhD, fnpa, fnacp

Professor, Department of Psychology, University of Uyo, Uyo, NG

Director of Academic Planning, University of Uyo, Uyo, NG  
Regional Editor (West Africa), Afr Journal of Drugs & Alcohol Studies

Deputy Director (Research), Center for Research and Information on Substance Abuse (CRISA)

Immediate Past President, Nigerian Association of Clinical Psychologists (NACP)

Gboyega Emmanuel Abikoye is a Professor of Clinical Psychology at University of Uyo, Akwa Ibom State, Nigeria, where he is the current Director of Academic Planning. With twenty-five unbroken years of academic and professional experience across several national and international institutions, Professor Abikoye is highly reputed as a seasoned researcher, clinician, academic and administrator. His research interests cover substance abuse / addiction and psychological underpinning of social issues.

He has successfully supervised 12 PhD theses. He has won and successfully executed several grants and sponsored research. Prof. Abikoye is a National Master Trainer on the World Health Organisation's (WHO) Mental Health Gap Action Plan (mhGAP). He was the Immediate Past General Secretary and the Current Secretary of the Board of Trustees of ISSUP



Nigeria. He is also the Deputy Director at the Center for Research and Information on Substance Abuse (CRISA), and Regional Editor (West Africa) of African Journal of Drugs and Alcohol Studies. Prof. Abikoye is the Immediate Past President of NACP. He is happily married and the marriage is blessed with children.

## Dr. Ajirotutu Omotayo

Fellow, Nigerian Association of  
Clinical Psychologists  
Consultant Clinical Psychologist  
| Trainer | Wellness Advocate

Dr. Ajirotutu Omotayo is a seasoned Consultant Clinical Psychologist and a Fellow of the Nigerian Association of Clinical Psychologists. He is deeply passionate about self-development, training, and individual wellness, with a strong belief in the holistic nature of human beings. This conviction has shaped his lifelong dedication to the study of human behavior and psychological well-being.

He began his professional career at the Department of Psychology, Federal Neuropsychiatric Hospital, Yaba, Lagos, in 1996 as a Youth Corps Member. Following his service year, he was retained in November 1997 and formally employed as a Graduate Psychologist in December 1997. Through commitment and excellence, he rose through the ranks to become Director of Psychological Services and currently serves as the Head of the Psychology Department.

Dr. Omotayo holds a Doctoral degree in Clinical Psychology and an M.Phil. degree from the University of Ibadan, a Master's degree in Psychology from the University of Lagos, and a Bachelor's degree in Psychology from Enugu State University of Science and Technology.

With over twenty-nine years of clinical practice, he has provided psychological interventions for individuals facing diverse



challenges, including workplace stress, substance addiction, work-life balance difficulties, emotional and marital issues, sexual abuse, trauma, coping and learning disorders, intellectual disabilities, and other mental health concerns.

He has served in various leadership and advisory capacities at both local and national levels, offering psychological solutions to critical issues. As a sought-after speaker, he has delivered lectures and presentations across professional and academic platforms, significantly contributing to the body of knowledge in psychology.

A distinguished trainer, Dr. Omotayo has collaborated with numerous organizations in training and personnel development. He also serves as a consultant to multiple psychological rehabilitation centers and agencies, as well as an in-house consultant for various organizations. Beyond his professional commitments, he enjoys music and values connecting with people. He is married and blessed with children.

# Dr. Ugochukwu Uchendu

Specialist Psychiatrist  
Mental Health Advocate

Dr Ugochukwu Uchendu is a highly accomplished Specialist Psychiatrist with over 12 years of medical experience, including more than 10 years dedicated to Psychiatry. His work spans both clinical practice and mental health system advocacy, with a strong commitment to advancing accessible, effective, and culturally relevant mental health care across Africa and globally.

He currently serves as a Specialty Doctor in Older Adult Psychiatry at Essex Partnership University NHS Foundation Trust, United Kingdom, where he provides expert care for patients with complex psychiatric and cognitive conditions. He also completed a 3-year Advanced Fellowship Programme in Psychiatry at the same institution in January 2026, further strengthening his clinical expertise and global perspective.

Dr Uchendu is a Member of the West African College of Physicians, where he distinguished himself as the Best Candidate in West Africa in the Membership examinations—an achievement that reflects his exceptional academic and clinical excellence.

His professional interests lie in Neuropsychiatry, with a focus on the interaction between brain function, behaviour, and mental health, particularly in complex and underserved populations.

Beyond clinical work, Dr Uchendu has demonstrated strong leadership in mental health advocacy and youth-focused



interventions across West Africa.

He is the Founding Coordinator of Liberty Schools Outreaches, a programme dedicated to promoting mental health awareness among young people. He has also served as National Programme Director for the Centre for Information and Prevention of Mental Diseases (CIPMED) and is a Founding Member of the Help the Young Initiative, both of which are focused on mental health education, prevention, and early intervention.

In addition to his medical and advocacy work, Dr Uchendu is passionate about communication and storytelling as tools for social impact. He is the writer and producer of HATIMA, a film created to address pressing mental health and social challenges affecting youth and family structures.

As a board member and thought leader, he brings a unique blend of clinical expertise, leadership experience, and creative communication, with a vision to contribute to the development of sustainable, high-impact mental health systems across Africa.

## **Dmaimuna Umami Abdullahi**

### **Coach Diddi**

Consultant Trainer | Self-Development & Mental Health Coach | Women's Wellness Advocate

Maimuna Umami Abdullahi, known professionally as Coach Diddi, is a Consultant Trainer, Certified Master Practitioner of Neuro-Linguistic Programming (NLP), and Gender Expert with over a decade of experience in leadership development, team management, and mental health advocacy. She is the Founder and Team Lead of Awesome Valley Consult Ltd and a 2023 Official Member of the Forbes Coaches Council.

Her corporate training portfolio spans a diverse range of institutions — including the United Nations FAO, Petroleum Technology Development Fund (PTDF), Heartland Alliance, Keystone Bank, the National Judicial Institute, and the Office of the Head of Civil Service of the Federation — with over 1,000 professionals trained in leadership, communication, conflict resolution, and stakeholder collaboration.

Coach Diddi is equally passionate about women's mental health, founding several grassroots and



media initiatives including the BREATHE Resilience Summit, The Resilience Project, and the weekly radio programme "Mind Matters with Coach Diddi" on Peoples' Radio 105.5 FM, Abuja. She holds a B.A. in English Language (University of Abuja), a Certificate in Journalism and Public Relations, a Diploma in Personal Performance Coaching (The Coaching Academy UK), and advanced training credentials from Oxford's Said Business School and the United Nations Immersion Programme in Geneva.

She is affiliated with the Forbes Coaches Council, ANLP UK, CICMIN, and the Nigerian Institute of Public Relations, and brings her signature blend of humour, heart, and deep insight to every space she enters.

# Ms Hazel Iwendi

Hazel Iwendi, known as Eminent or Wendy, is a social entrepreneur driving positive change in Sub-Saharan Africa. Over 7 years, she has led advocacy campaigns focused on environmental sustainability, education, disability inclusion, mental health, and gender equality.

In June 2020, Hazel founded Eminent Services Consults (The Volunteer Plug) to promote social impact organisations and effective volunteering.

The initiative has collaborated with over 20 organisations and facilitated 800+ volunteer opportunities and resources over five years.

An alumna of GOTNI Leadership Centre and Patridige MCC's Emerging Social Sector Ideation programme, Hazel has received awards including Volunteer of the Year from Mentally Aware Nigeria Initiative and a Certificate of Commendation from NYSC Cross River State.

With over 5 years of experience in the mental health sector, she has held significant leadership roles at Elite Life Consulting LTD, a prominent organization in Abuja, Nigeria. She started as General Manager, where she enhanced operational efficiency and service delivery. Subsequently, she served as Chief Operations Officer for a



brief period, driving key initiatives that advanced their mission to provide exceptional mental health services.

Hazel has managed campaigns for organisations like The Ecobarter Company (environmental sustainability) and Chess in Slums Africa (youth development). Her passion for chess and women's empowerment led her to join Promoting Queens Foundation in 2024, an organisation that uses chess to uplift girls and women.

She completed Project Management in Global Health from the University of Washington (2023) and the McKinsey Forward programme (2024), and is a YALI Network Abuja Chapter member. As a youth development advocate, Hazel is passionate about empowering young people across different sectors throughout Sub-Saharan Africa.

## **Barrister Chinonso Emmanuel Nwoye, LL.B, B.L, LL.M**

Legal Practitioner | Elite Life Consulting

Barrister Chinonso Emmanuel Nwoye is a Nigerian Legal Practitioner with expertise spanning international law, corporate and commercial law, intellectual property, data protection, and investment law. He holds an LL.B (Hons), was called to the Nigerian Bar, and holds an LL.M in International Law and Diplomacy.

He currently serves as a Partner at H. O. Somadina & Co. in Abuja, heading litigation and overseeing a broad corporate and commercial law portfolio. He previously served as Legal Officer at the Centre for Satellite Technology Development (CSTD) under NASRDA, advising on international space law compliance. He has also contributed to Nigeria's legislative process, participating in the review of key legislation and originating motions argued on the floor of the House of Representatives during the 8th Assembly.

A published legal scholar with works in the Madonna University Law Journal and TheNigeriaLawyer.com, Barrister Nwoye also brings a



technology-informed dimension to his practice — holding a Google-recognized Digital Marketing certification and a Diploma in Cyber Security. He is the founder of Drive2Live Nigeria and co-founder of Legal-Hub, an online platform improving access to legal services in Nigeria.

At Elite Life Consulting, he provides legal counsel grounded in professional rigor, ethical business development, and social innovation across Nigeria, the United Kingdom, and the United States.

# Meet Our Core Team



**Folajaiye Kareem**  
Founder/Executive Director



**Fadeke Toba**  
Chief Operating Officer (COO)



**Adeniyi Ojuope**  
Research Director and  
Consultant Psychologist



**Adeshola Oladeji**  
Head of Programs



**Precious Ndubueze**  
Case Manager



**Gift Ogbonnia**  
Community Mental Health  
Officer (CMHO)



**Jeremiah Okorocho**  
Brand Strategist

# Core Values

Our core values define who we are as an organization and guide every interaction we have with clients, partners, and the communities we serve.

1

## Compassion

Empathy and care in every interaction

2

## Respect

Honoring the dignity of every individual

3

## Inclusion

Welcoming all backgrounds and identities

4

## Integrity

Honesty, ethics, and accountability

5

## Excellence

Evidence-based, exceptional care

6

## Innovation

Pioneering new approaches and best practices

7

## Empowerment

Inspiring hope, resilience, and self-determination

8

## Collaboration

Working together as a supportive community

9

## Social Responsibility

Promoting mental health awareness and reducing stigma



# Our Services

## Employee Assistance Program (EAP)

Elite Life Consulting's EAP is a structured, confidential mental health support system designed to help organizations protect their most valuable asset — their people. Our EAP delivers professional counseling, crisis support, and wellness resources directly to employees, reducing absenteeism, improving productivity, and building a mentally resilient workforce.

## How It Works

Employees access services through a dedicated confidential hotline, secure online scheduling via our platform, or direct referral from HR. All engagement is fully confidential and ethics-compliant. Employers receive aggregate utilization reports without any individually identifiable information.



## Modalities Available

- Individual therapy (60 minutes)
- Couples therapy (90 minutes)
- Family therapy (90 minutes)
- Group therapy (90 minutes, 6 to 12 participants)
- Crisis and emergency sessions (within 24 hours, 60 to 90 minutes)
- Career counseling and psychosocial coaching
- Substance use support and referral

## Availability

- **Regular scheduled sessions:** Monday through Saturday
- **Emergency crisis sessions:** within 24 hours
- **24/7 crisis hotline:** included in all EAP tiers
- Virtual delivery available across all time zones

Package	What's Included	Coverage
<b>Basic</b>	3 sessions/employee, 24/7 crisis hotline, 2 workshops/year, quarterly reports.	Up to 100 employees
<b>Standard</b>	5 sessions/employee, all Basic services + 4 workshops/year, stress management training, monthly reports, annual well-being survey.	Up to 250 employees
<b>Premium</b>	Unlimited sessions, all Standard services + executive coaching, 6 custom workshops/year, on-site counselor 1 day/week, substance abuse support.	Up to 500 employees

*All packages run on a 12-month contract cycle. Institutional pricing reflects a 30% discount from standard rates.*

## Workplace Training and Workshops

Elite Life Consulting offers a comprehensive menu of evidence-based workplace trainings designed to educate, equip, and empower employees and leadership teams. All workshops are customizable to your industry context, organizational culture, and specific workforce challenges. Available as standalone engagements or as part of an ongoing wellness calendar.

## Training Topics Menu

### Workplace Wellness

- Understanding Mental Health in the Workplace
- Stress Management and Burnout Prevention
- Toxic Workplace Dynamics: Recognize, Respond, Recover
- Work-Life Balance and Emotional Resilience
- Mental Health First Aid for the Workplace

### Leadership and Management

- Trauma-Informed Leadership
- Mental Health Conversations for Supervisors
- Supporting Employees Without Overstepping
- Building Psychologically Safe Teams

### Clinical and Crisis-Focused

- Mental Health First Aid Certification
- Suicide Prevention and Crisis Response
- Substance Abuse Awareness and Harm Reduction
- Burnout in Healthcare and Caregiving Professions

### Diversity, Equity, and Inclusion

- Mental Health Across Cultures
- Gender and Mental Health in the Workplace
- Supporting Employees Through Grief and Trauma
- Gen Z in the Workplace: Mental Health Realities
- Mental Health for Early Career Professionals

Format	Duration	Standard Price (₺)	Company/HMO Price (₺)
Lunch-and-Learn	60 to 90 min	150,000	105,000
Half-Day Workshop	4 hours	400,000	280,000
Full-Day Workshop	8 hours	700,000	490,000
Training Series (4 sessions)	Monthly	1,400,000	980,000
Training Series (8 sessions)	Bi-monthly	2,500,000	1,750,000
Trainer-of-Trainers	2 to 3 days	Contact for Quote	Contact for Quote

All training fees are estimated. Final pricing varies by group size, location, and customization level. Materials and certificates of participation are included in all workshop fees. USD and GBP pricing available for US and UK-based organizations.

## Organizational Wellness Consulting

For organizations ready to build lasting mental health infrastructure — not just isolated programs — Elite Life Consulting provides strategic organizational wellness consulting. This service is designed for HR leaders, People teams, and organizational leadership who want to embed mental well-being into their culture at a systemic level.

### What This Includes

- Organizational mental health needs assessments
- Design and implementation of internal wellness programs
- Mental health policy review and development
- Leadership coaching on psychological safety and wellness culture
- Annual wellness calendar planning and facilitation
- Ongoing advisory retainer for HR and People teams

*Delivered on a project basis or ongoing monthly retainer. Custom scoping available. Contact us for a free consultation.*



# Why Elite Life Consulting

There are many employee assistance providers. Here is what makes Elite Life Consulting different.



## Diaspora and Cross-Cultural Clinical Expertise

We are one of the only EAP providers in the African diaspora space with a leadership team that understands the psychological realities of immigrant and multicultural workforces — from identity and acculturation stress to intersectional mental health needs that generic EAP vendors overlook.



## Tri-Country Operational Reach

With active presence in Nigeria, the United Kingdom, and the United States, we are uniquely positioned to serve multinational organizations, international NGOs, and companies with cross-border or diaspora workforces — without referring out or losing quality of care.



## Integrated Care Orientation

Our clinical leadership is trained in Integrated Behavioral Health — the gold standard in community healthcare settings. We bring that systems-level, whole-person thinking to every organizational engagement, designing programs that treat behavioral health as part of overall organizational health.



## Relationship-Based, Not Corporate-Generic

We are not a large corporate EAP vendor managing thousands of contracts anonymously. We are a focused, clinically excellent organization that knows our partners by name — delivering responsive, accountable, and personalized service at every step.



## Award-Winning Track Record

In 2025, Elite Life Consulting received the Award for Outstanding Service in Mental Health Promotion and Wellbeing in Nigeria from the Nigerian Association of Clinical Psychologists (NACP) — the country's foremost professional body for clinical psychology.



# Our Clinical Approach

Every service we deliver is grounded in three non-negotiables: evidence-based practice, cultural responsiveness, and systemic thinking.

## Evidence-Based Practice

All therapy modalities and training curricula are anchored in empirically validated approaches including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Trauma-Informed Care, Solution-Focused Brief Therapy (SFBT), and Systemic Family Therapy.

## Cultural Responsiveness

Mental health is not culturally neutral. We are one of the few organizations explicitly trained and operationally positioned to work with Nigerian, African, and diaspora populations — understanding how culture, religion, family systems, and social identity shape psychological experience and help-seeking behavior.

## Systemic and Integrated Thinking

Rooted in Marriage and Family Therapy and Integrated Behavioral Health, our approach recognizes that individual well-being is inseparable from relational, organizational, and social systems. We design programs that address the whole person, not just the symptom.

# Who We Serve

## Target Industries

- Corporate and private sector organizations
- NGOs and civil society organizations
- Healthcare institutions and hospitals
- Educational institutions
- Government agencies and parastatals
- Faith-based organizations
- Media and creative industry organizations
- Financial services institutions
- Diaspora community organizations

## Workforce Populations

- Employees experiencing burnout or performance decline
- Healthcare workers and caregiving professionals
- Young professionals and early-career employees
- Gender-diverse and LGBTQ+ employees
- Employees navigating grief, trauma, or life transitions
- Nigerian diaspora and immigrant workforce members
- Executives and senior leadership teams
- NYSC and youth corp members
- Students and early-career populations



# Impact and Social Proof

**1,000+**  
Individuals Impacted

**20+**  
Organizations Served

**77**  
Advocacy Entries  
(2025 Competition)

**20+**  
Organizations Served

## Media Appearances

- CGTN TV — National mental health interview
- Leadership TV — Mental health awareness segment
- Eagles FM 102.3 — Multiple appearances including Resolutions and Habit Formation, Silent Treatments in Relationships
- Smooth 98.1 FM — Breakfast in Bed Series
- The Beat 97.9 FM — Post-Coital Dysphoria

## Award Recognition

Award for Outstanding Service in Mental Health Promotion and Wellbeing in Nigeria — Nigerian Association of Clinical Psychologists (NACP), 2025 Annual National Congress and Scientific Conference.



# Organizations We Have Worked With



TEACHFORNIGERIA



ILERA  
COMMUNITY HEALTH INITIATIVE



# Engagement And Pricing Models

Elite Life Consulting offers flexible engagement models designed to meet organizations wherever they are — whether you are establishing mental health support for the first time or deepening an existing program.

## Annual EAP Contract

The most comprehensive and cost-effective option. A 12-month agreement covering counseling access, workshops, crisis support, and aggregate reporting for your entire workforce. Institutional pricing applies.

## Retainer-Based Consulting

For organizations seeking ongoing strategic mental health advisory support, wellness program management, or leadership coaching without a full EAP contract.

## Custom Packages

We work directly with organizations to design bespoke service combinations that fit specific workforce needs and budget parameters.

## Per-Workshop or Training Engagement

Individual workshops available at a flat rate per event. Ideal for organizations piloting workplace wellness initiatives before committing to a full EAP contract.

## Pre-Employment Psychological Screening

Available on a per-employee basis for organizations with hiring or fitness-for-work requirements.



# ELITE LIFE CONSULTING

## COMPREHENSIVE PRICE LIST 2026

All prices in Nigerian Naira (₦) | Company/HMO Price reflects 30% discount

| Virtual or On-Site delivery available

S/No	Service	Description	Frequency / Unit	Standard Price (₦)	Company / HMO Price (₦) [30% Discount]	Mode
------	---------	-------------	------------------	--------------------	--	------

### 2. INDIVIDUAL SERVICES — Initial Consultations

1	<b>Mental Health Assessment / Individual Initial Consultation</b>	Comprehensive assessment to evaluate client needs, establish therapeutic relationship, develop preliminary treatment plans.	Per Session	60,000	42,000	Virtual or On-Site
2	<b>Couples Initial Consultation</b>	Comprehensive assessment for couples to evaluate needs, establish therapeutic relationship, develop preliminary treatment plans.	Per Session	90,000	63,000	Virtual or On-Site
3	<b>Family Initial Consultation</b>	Comprehensive assessment for families to evaluate needs, establish therapeutic relationship, develop preliminary treatment plans.	Per Session	100,000	70,000	Virtual or On-Site

### 2.2 Follow-Up / Therapy Sessions

1	<b>Individual Therapy</b>	Personal development, mental health support, life transitions (60 min)	Per Session	40,000	28,000	Virtual or On-Site
2	<b>Couples Therapy</b>	Relationship enhancement, conflict resolution, communication (90 min)	Per Session	75,000	52,500	Virtual or On-Site
3	<b>Family Therapy</b>	Family dynamics, parenting, intergenerational issues (90 min)	Per Session	80,000	56,000	Virtual or On-Site
4	<b>Child / Adolescent Therapy</b>	Age-appropriate interventions, developmental support (60 min)	Per Session	40,000	28,000	Virtual or On-Site
5	<b>Group Therapy</b>	Structured group support (90 min, 6–12 participants)	Per Person / Session	30,000	21,000	Virtual or On-Site
6	<b>Emergency / Crisis Session</b>	Immediate support, response within 24 hours (60–90 min)	Per Session	50,000	35,000	Virtual or On-Site

**2.3 Psychological Assessments**

1	<b>Comprehensive Psychological Evaluation</b>	Full assessment including written report and feedback session (3–4 hrs)	Per Assessment	210,000	147,000	Virtual or On-Site
2	<b>Career Assessment &amp; Guidance</b>	Assessment tools, analysis, career planning (2–3 hrs)	Per Assessment	150,000	105,000	Virtual or On-Site
3	<b>IQ Testing</b>	Administration, scoring, and interpretation (2 hrs)	Per Assessment	100,000	70,000	Virtual or On-Site
4	<b>Personality Assessment</b>	Testing, analysis, and feedback session (2 hrs)	Per Assessment	90,000	63,000	Virtual or On-Site
5	<b>Educational Assessment</b>	Learning style analysis and recommendations (2–3 hrs)	Per Assessment	110,000	77,000	Virtual or On-Site
6	<b>Pre-employment Psychological Screening</b>	Basic psychological evaluation, fit-for-work assessment (1–2 hrs)	Per Employee	70,000	49,000	Virtual or On-Site

**3. CORPORATE SERVICES — Employee Assistance Program (EAP)**

1	<b>EAP Basic Package</b>	Up to 100 employees   24/7 counseling hotline, 3 face-to-face sessions/employee, 2 workshops/year, quarterly reports (12 months)	Per Annum	4,000,000	2,800,000	Virtual or On-Site
2	<b>EAP Standard Package</b>	Up to 250 employees   All Basic services + 5 sessions/employee, 4 workshops/year, stress management training, monthly reports, well-being survey (12 months)	Per Annum	7,750,000	5,425,000	Virtual or On-Site
3	<b>EAP Premium Package</b>	Up to 500 employees   All Standard + unlimited sessions, executive coaching, 6 custom workshops/year, on-site counselor 1 day/week, substance abuse support (12 months)	Per Annum	15,000,000	10,500,000	Virtual or On-Site

**3.2 Corporate Training & Workshops**

1	<b>Half-Day Workshop (4 hrs)</b>	Standard mental health/wellness workshop; materials & assessment tools	Per Workshop	400,000	280,000	Virtual or On-Site
---	----------------------------------	--	--------------	---------	---------	--------------------

		included (max 20 participants)				
2	<b>Full-Day Workshop (8 hrs)</b>	Comprehensive mental health/wellness workshop; materials, assessment tools & lunch (max 20 participants)	Per Workshop	750,000	525,000	Virtual or On-Site
3	<b>Stress Management Workshop</b>	Managing workplace stress and improving resilience (4 hrs)	Per Head / Workshop	300,000	210,000	Virtual or On-Site
4	<b>Leadership Mental Health Training</b>	Mental health for leaders, leadership assessment included (8 hrs / 2 days)	Per Workshop	800,000	560,000	Virtual or On-Site
5	<b>Team Building Workshop</b>	Team dynamics assessment included (4 hrs)	Per Workshop	550,000	385,000	Virtual or On-Site
6	<b>Workplace Wellness Program Design</b>	Needs assessment and implementation plan	Per Program	800,000	560,000	Virtual or On-Site
7	<b>Mental Health First Aid Training</b>	Certification provided (4 hrs per session)	Per Session	300,000	210,000	Virtual or On-Site

**4. SPECIALIZED PROGRAMS — Substance Abuse Treatment**

1	<b>Substance Abuse Initial Assessment</b>	Comprehensive evaluation for substance use disorders	Per Assessment	45,000	31,500	Virtual or On-Site
2	<b>Substance Abuse Individual Counseling</b>	One-on-one counseling session	Per Session	35,000	24,500	Virtual or On-Site
3	<b>Substance Abuse Group Therapy</b>	Structured group therapy for substance use	Per Person / Session	10,000	7,000	Virtual or On-Site
4	<b>Family Support Session (Substance Abuse)</b>	Family-focused support for those affected by substance use	Per Person	40,000	28,000	Virtual or On-Site
5	<b>Rehabilitation Program Referral</b>	Assessment and referral to appropriate rehabilitation program	Per Referral	100,000	70,000	Virtual or On-Site

**4.2 Crisis Intervention Services**

1	<b>24/7 Crisis Hotline</b>	Annual subscription to 24/7 telephone crisis support	Annual Subscription	1,200,000	840,000	Virtual or On-Site
---	----------------------------	--	---------------------	-----------	---------	--------------------

2	<b>Emergency Response Team</b>	On-call emergency mental health response	Per Call	50,000	35,000	Virtual or On-Site
3	<b>ECrisis Management TrainingAP Premium Package</b>	Training for organizations to manage mental health crises	Per Training	600,000	420,000	Virtual or On-Site
4	<b>Post-Crisis Debriefing</b>	Structured debriefing session following a crisis event	Per Session	350,000	245,000	Virtual or On-Site

**5. PREPAID PACKAGES & BULK RATES — Individual Therapy**

1	<b>Bronze Package (Individual)</b>	6 sessions; Validity: 3 months; Savings: ₦60,000	Package	200,000	140,000	Virtual or On-Site
2	<b>Silver Package (Individual)</b>	12 sessions + free initial consultation; Validity: 6 months; 2 emergency sessions; Savings: ₦100,000	Package	400,000	280,000	Virtual or On-Site
3	<b>Gold Package (Individual)</b>	24 sessions + quarterly assessments + 4 emergency sessions; Validity: 12 months; Savings: ₦230,000	Package	750,000	525,000	Virtual or On-Site

**5.2 Couples Therapy Packages**

1	<b>Couples Starter Package</b>	6 sessions; Validity: 3 months; Savings: ₦95,000	Package	370,000	259,000	Virtual or On-Site
2	<b>Couples Premium Package</b>	12 sessions + relationship assessment; Validity: 6 months; Savings: ₦165,000	Package	750,000	525,000	Virtual or On-Site
3	<b>Couples Ultimate Package</b>	24 sessions + all assessments + quarterly reviews + crisis support; Validity: 12 months; Savings: ₦315,000	Package	1,500,000	1,050,000	Virtual or On-Site

# Getting Started

Partnering with Elite Life Consulting is straightforward. We do not believe in long, complicated procurement processes. Here is how we begin:

- 1. Schedule a Free 30-Minute Organizational Consultation**  
We listen to your organization's needs, workforce profile, and wellness goals — at no cost and with no obligation.
- 2. Receive a Customized Proposal**  
Based on our consultation, we design a service package tailored to your organization's size, industry, and budget.
- 3. Sign the Partnership Agreement**  
We use a clear, straightforward EAP or service contract that outlines scope, confidentiality protocols, reporting structure, and fees.
- 4. Launch**  
We coordinate onboarding for your HR team and employees, including communication templates, scheduling setup, and an orientation session if needed.
- 5. Ongoing Support and Reporting**  
You receive regular utilization reports, access to our team for HR consultation, and an annual program review.

## Schedule a Free Consultation

We invite you to reach out and schedule a free 30-minute organizational needs consultation. Whether you are exploring EAP options for the first time or looking for a more responsive, culturally competent provider, we are ready to talk.



# COMMUNITY & PUBLIC ENGAGEMENTS

**LIVE EVENT, ABUJA NIGERIA.**

## TRYBE HANGOUT

How is Nigeria's government & election shaping our mental health as a nation?

**DATE:** March 28, Saturday, 2026  
**TIME:** 10AM - 2PM  
 Main Event from 11am

**VENUE:** Millennium Park, Abuja Nigeria

**WHAT TO EXPECT**

- Open Community Dialogue
- Mental Health Games
- Mindfulness Exercises
- Trybe Networking
- Refreshments (First 25)

Register to secure your spot.

**ENQUIRIES:** +234 810 591 9912 | admin@elitelifeconsulting.com

bit.ly/TrybeHangout

**elife**

## Pretty + Smart Taken

Why Do Men Make This Assumption?

**Dr. James Robson**  
**Sr Helen Ekeh Egburi**  
**Olinwanne Ogbor**

**SAT. 21ST FEB. 2026 // 8PM**

Registration Link: <https://x.com/1/spaces/1f9kqvQ8VxAG>

Venue: X Space

elitelifeconsulting.com | elitelife.LLC

**InspireMinds**

## Minds Fellowship

BY INSPIREMINDS

- Youth Empowerment
- Mental Health
- Life Skills

REGISTER AT: <https://bit.ly/2mZuJw>

**DURATION:** 6TH AUGUST 2025 // 7TH AUGUST 2025 // 8TH AUGUST 2025  
**FOR PARTNERSHIP:** 08068549633 | [inspiremindsodu@gmail.com](mailto:inspiremindsodu@gmail.com)

elitelife.LLC

**elife**

## The Challenge that Changes Everything

Your advocacy video could save a life!  
 Nigeria's Biggest Mental Health Storytelling Competition

**Friday October 10th, 2025**  
 7:30pm - 9:30pm (WAT)

<https://bit.ly/EliteVirtualSummit>

**Event Highlights:**

- Category Winner: **N150,000** (Travel + Cash)
- Grand Prize: **N250,000** (Travel + Cash)
- Runner-Up: **N100,000** (Travel + Cash)

**BONUS:** Elite Life Website Launch! Founder's Address & Future Vision

#ELITEALIGHT #ShineYourVoice #MentalHealthMatters

**elife**

## Toxic Workplaces

RECOGNIZE, RESPOND, RECOVER

A Virtual Summit on Workplace Mental Health

**SPEAKERS:**

- Folajaye Kareem
- Cheryl Olatunji-Olagbogi
- Jamil Nasser
- Olga Akeredolu
- David Eboke
- Stella Omachole
- Ayinde Ajagbo
- Deborah Yisa
- Rita Okoro

**Wed., 16th October, 2024**  
 7:00PM WAT / 10:00AM PST

For partnerships/sponsorship: Call Us: +2349058415259 or +2348105919912. Send an Email: [admin@elitelifeconsulting.com](mailto:admin@elitelifeconsulting.com)

Don't miss out—save your spot now for free: [bit.ly/EliteVirtualSummit](https://bit.ly/EliteVirtualSummit)

**Open Minds**

## THE SUNSHINE SERIES

in collaboration with  
**FRIEDRICH EBERT STIFTUNG - OPEN MINDS YOUNG VOICES (FES-OMYV)**

**presenting**  
**A MENTAL HEALTH SYMPOSIUM**  
**TOPIC: MAKING MENTAL HEALTH A PRIORITY IN NIGERIA!**  
**LEAVING NO ONE BEHIND**

**DATE: SATURDAY, 26TH NOVEMBER 2022 | TIME: 10AM-2PM**

**PANELISTS:**

- USTADH ADAM AHMAD
- FOLAJAYE KAREEM
- PST. AVESE TOKULA
- ADAUGO JUDITH

[www.sunshineseries.org](https://www.sunshineseries.org)

**MIRAKOR MI**

## BREAKING STIGMA 2.0

### SHINE THE LIGHT ON SICKLE CELL

**Grace Iweka**  
**Oghenekome Joshua E**  
**Adeniyi Ojo**  
**Ms. Theodoru Oni**

**JUNE 19 10:00 AM**

**The Bunker**  
 5 Akoka St, Off Calo Road, Akoka, Ikeja, Lagos

**Partner: TheBUNKER**

For Sponsorship and Support, please call: 09124135450

**elife**

## Training For Elite Mentality

1ST SERIES

### Improving Employee Motivation

(Using Contemporary Psychological Principles to Drive Productivity)

**Coach Sam Oshofin**  
**Dr. Tayo Ajirrotutu**  
**Sarah Chukwura**

For Business Owners, Executives, Team Leaders, Directors and Managers

**DATE & TIME:** Thursday 1st December, 2022 | 9:00am - 5:00pm

**Fees:** N75,000 Only | N150,000 for 3 Delegates | from the same work place

Abuja (To be Communicated to Registered Participants)

Register @ [bit.ly/TEM1stSeries](https://bit.ly/TEM1stSeries)

**ELITE CONSULTING**

## PEAK PERFORMANCE MASTERCLASS

Guarantees you access to:

- Evidence-based goal setting templates.
- Peer group support.
- Professional mentorship.
- Progress monitoring.
- Life skills training & worksheets.
- Continuous education & social support.

**For Enquiries call:** +234810004400 or +234807538230

**Flexible time slots** Sign in fee: N5,000, \$10  
**20% Discount for first 20 participants to register.**

**3rd & 4th weekends of July**


<https://bit.ly/ElitePeakPerformance> | +234807548230

# Our Contact

 +234 810 591 9912, +234 905 841 5259

 admin@elitelifeconsulting.com

 elitelifeconsulting.com

 Suite 45 Swift Plaza, Aguwan Anaekwe Street,  
Wuye District, Abuja, FCT

*A Life of Fulfillment Begins with Elite Mentality.*