



SOL TO ROOT WELLNESS LLC

Building Healthy People · Strengthening Programs · Transforming Communities

Desirée Robertson, M.A. · Founder & CEO

ABOUT US

Sol to Root Wellness LLC is a consulting practice in learning, organizational development, and well-being. We help nonprofits, schools, government agencies, foundations, and community organizations strengthen the conditions in which their people, programs, and communities can flourish. Our work brings together professional learning, organizational capacity building, instructional design, and implementation science—grounded in evidence and translated into practical tools an organization can use and sustain, with well-being running through every engagement as a lens rather than an add-on. The result is consulting that moves beyond information toward durable practice: frameworks, learning experiences, and systems that endure well after a session ends.

CORE OFFERINGS

Professional Learning & Facilitation

Keynotes · conference workshops · professional development institutes · train-the-trainer · multi-session academies · interactive adult learning

Organizational Consulting & Capacity Building

Organizational consulting · technical assistance · strategic planning facilitation · program design and redesign · implementation planning

Well-being & Sustainable Leadership

Well-being as a lens across engagements · burnout prevention · restorative and mindfulness practices · nature-based wellness · sustainable leadership

Retreats & Immersive Experiences

Leadership and wellness retreats · international immersions · restorative cohort convenings · retreat design and facilitation

Curriculum, Intellectual Property & Learning Products

Instructional design · curriculum development · facilitator guides and workbooks · online learning · learning pathways · proprietary frameworks and tools

Youth Development & Mentoring

Mentoring program development · mentor training · youth leadership curriculum · school and community partnerships · positive youth development

SPECIALIZED EXPERTISE

Adult learning · learning experience design · instructional design · organizational capacity building · leadership development · implementation science · program evaluation · youth mentoring · community partnerships · systems thinking · trauma-informed learning · belonging · equity-centered practice.

DIFFERENTIATORS

- Grounded in learning science and implementation science—consulting built on evidence rather than trends.
- Customized to each client, translating research and best practice into tools an organization can actually use.
- Focused on practical implementation, so learning becomes embedded practice rather than a one-time event.
- Integrates well-being across every engagement, treating how people are doing as central to how they learn and lead.
- Develops frameworks and practical tools that leave partners with lasting capacity of their own.

REPRESENTATIVE SERVICES

Organizational consulting · professional learning and facilitation · conference keynotes · strategic planning facilitation · multi-session learning academies · retreat design and facilitation · curriculum and learning design · technical assistance and coaching · program implementation support · online learning development · facilitation certification systems · community engagement strategy.

REPRESENTATIVE PAST PERFORMANCE

- **2025–Present · U.S. Soccer Foundation** — National Facilitator delivering Coach-Mentor Training (CMT) and Count Her In programming.
- **2024–Present · MENTOR Florida | Georgia** — Technical assistance provider, trainer, facilitator, and mentoring coach supporting mentoring quality and practitioner development.
- **2026–Present · Phenomenal I Am Inc. (New Haven, CT)** — Lead curriculum designer and implementation partner for the H.E.R. Circle™ initiative.
- **2025–Present · Academy Prep St. Petersburg** — Curriculum design and instructional consulting.

- **2024–Present · World Leadership School** — Instruction and consultation supporting youth leadership and immersive global learning.
- **2022–Present · Chilamate Rainforest Eco Retreat (Costa Rica)** — Designed and facilitated international leadership and wellness retreat experiences.

Additional clients: Eckerd College · City of St. Petersburg / The Greenhouse.

CONSULTING & LEADERSHIP EXPERIENCE

- **2022–Present · Founder & CEO** — Sol to Root Wellness LLC
- **2024–Present · Founder & Chief Visionary Officer** — GOC COLLECTIVE INC.
- **2024–Present · Technical Assistance Provider** — MENTOR Florida | Georgia
- **2025–Present · National Facilitator** — U.S. Soccer Foundation
- **2026–Present · Advisory Board Member** — MENTOR Florida | Georgia

COMPANY INFORMATION

Business Name: Sol to Root Wellness LLC
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Designations: Minority/Woman-Owned Business Enterprise (MWBE) and Small Business Enterprise (SBE), St. Petersburg, FL, Small Woman-Owned Business (SBA)
NAICS Codes: 611430 Professional & Management Development Training · 611710 Educational Support Services · 541611 Administrative & General Management Consulting Services · 541612 Human Resources Consulting Services
UEI: PU6FXCP4RBM2

OUR MISSION

To strengthen the people, organizations, and systems that help communities thrive—through consulting, transformational learning, and well-being—building the conditions for people to flourish and turning evidence into practical, lasting practice.