



# PROJECT AGREEMENT

**To:** Ayindé Rudolph, Ed.D., Superintendent, Mountain View Whisman School District

**From:** Alycia Diggs-Chavis, Owner, BlueViolet

**Date:** August 1, 2023

**Project Overview:** Wellness Through Mindfulness

These services are designed to help leaders manage and reduce daily stress levels that can negatively impact their wellbeing and therefore their effectiveness in role. Outcomes can include an increased ability to focus, higher levels of engagement, enhanced productivity and efficiency, more creative problem-solving, more effective teaming, and overall better leadership role modeling and performance.

This Project Agreement covers fees for services and support provided to your leadership team. A detailed description and cost for these services is outlined below. Please review, sign, and return this agreement as a record of our shared understanding of this project’s scope and deliverables.

| Deliverable   | Description   | Fee             |
|---|---|-----------------|
| <b>Individual Mindfulness Sessions for Leadership Team Members</b>                      | <ul style="list-style-type: none"> <li>Facilitation of ten (10) one-on-one 1.5-hour guided meditation sessions for District Leadership Team members. Sessions to be customized to the individual’s need and conducted in person or remotely. Fee includes session preparation and follow up.</li> </ul> | <b>\$15,750</b> |
| <b>Monthly Group Mindfulness Session</b>  | <ul style="list-style-type: none"> <li>Facilitation of ten (10) 1-hour guided meditation sessions for the District Leadership Team, up to 40 people. Sessions to be customized to the group’s need and conducted in person. Fee includes session preparation and follow up.</li> </ul>                  | <b>\$10,500</b> |
| <b>TOTAL USD</b> (includes travel and any additional materials and production expenses) |   | <b>\$26,250</b> |

*Fees will be invoiced as follows:*

*BlueViolet will invoice in multiple installments. The first installment (50% of project cost shown above) will be invoiced upon project initiation. Upon completion of 50% of project deliverables BlueViolet will invoice monthly for services rendered through completion of the Project Agreement.*

*Cancellation Policy: Individual sessions canceled less than 48 hours in advance will incur the same cost as allocated above.*

### Approval to Proceed

*The budget and plan for the work described above is acceptable to me, and I authorize BlueViolet to carry out the work.*

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Title/Organization**

Please forward signed Project Agreement to:  
BlueViolet/Attn: Alycia Diggs-Chavis  
3133 Woodleigh Lane  
Cameron Park, CA 95682  
Email: bluevioletenergy@gmail.com