NOV 2025

INTRODUCING

STEPS TO FOREVER

Forever With Clarity



WWW.STEPSTOFOREVER.ORG

The Unseen Asset:

How Relational Health Drives Productivity.

A Wellness Partnership with

Steps to Forever

STEPS TO FOREVER
Forever With Clarity



— Ponder

A Modern Problem:
When Home Stress Comes to Work.



The traditional belief is that an employee's personal life is separate from their professional performance. This is a dangerous and costly myth.

When an employee is navigating a relationship crisis, they are not fully present at work. They may be physically at their desk but mentally and emotionally absent; a state of "presenteeism" that quietly drains team productivity and innovation.

This deep personal distress often leads to spikes in "absenteeism," as valued team members are forced to take sick days to cope with anxiety, depression, or the logistical fallout of domestic conflict.

This stress doesn't stay in a silo. It impacts your entire team, disrupting communication, lowering morale, and affecting the culture you've worked so hard to build. The health of your employees' relationships is not a "soft" HR issue; it is a direct and critical factor in your company's operational success.

Our Solution

A Proactive Ecosystem for Employee Well-being.



> To solve a deep, systemic problem, you need more than a temporary fix. You need a complete, holistic ecosystem.

A Glimpse

The Steps to Forever platform is that solution. We provide a living, evolving roadmap for emotional clarity, relational safety, and mature love, designed specifically to build a more resilient and focused workforce.

Our approach provides a full spectrum of care. It ranges from proactive prevention, giving all employees the tools to manage stress before it becomes a crisis, to high-touch intervention for those needing immediate, confidential support. This integrated system is designed to move beyond generic advice and provide tangible, life-changing tools that empower your employees.

This is not a theoretical model.





Our Solution

Core Solutions

Our entire ecosystem is built upon a foundation of proven, practical experience. Every framework, course, and counseling strategy is rooted in the emotional truths and hard-won insights gathered from over 2,500 real-life, one-on-one counseling sessions with individuals and couples, post-COVID alone.

We have structured this field-tested ecosystem into distinct, powerful solution sets that can be tailored to your company's specific needs: **a scalable e-learning platform** for your entire workforce, and a high-touch, **confidential counseling service** for your key individuals and executives, or any individual within the organization as management may see fit.





Complementary Support System

The Steps To Forever Blog and The Deep Dive Podcast: The *Steps To Forever Blog* is a premium blog which unpacks the beliefs, wounds, and misunderstandings that shape how we live with our partners, show and receive love. Complementing it is *The Deep Dive Podcast*, which drives home to the raw, honest, and powerful truths embedded in the blog articles in a lively third party discussions.

Steps To Forever: Reflective Guide To Marriage Preparation: This is a workbook packing over 500 practical user-led exercises intended to drive hard and honest conversations before the Altar



Solution One



Steps To Forever Knowledge Centre

Scalable, Self-Paced, Data-Driven E-Learning Platform

The most effective way to build a resilient, focused, and productive workforce is to provide proactive, preventative tools that are accessible to everyone. We offer two powerful, confidential solutions to equip your entire team.

This is your company's digital wellness library—a one-to-many solution that empowers your workforce with the tools to build relational health before a crisis.

This is not theory; it's a world-class library of 45+ modules, 175+ lessons, and 100+ practical exercises all developed from the real-world insights gathered from over 2,500 private client counseling sessions, post-COVID alone. This self-paced, confidential, and 24/7 available platform gives your employees the "out-of-the-box" skills they need to manage personal stress.

The platform is built on 5 foundational courses that provide tangible, real-world solutions:

- **Understanding The Uniqueness Of Your Partner:** Loving someone well starts with knowing who they really are
- **Essentials Of Building A Resilient Family:** Foundations first because forever starts with understanding
- **Communication And Conflict Management In Marriage:** Say what is appropriate, fix what hurts
- **Managing Long Distance Relationships & Marriages:** Love needs more than connection; it needs closeness even across the miles
- **The Art Of Building A Resilient In-Law Relationship:** Family ties without the tension

Solution Two

PG Sebastian Coaching

A Relationship You Can Be Proud Of

PG Sebastian Coaching

Executive & EAP Counseling
(Confidential 1-on-1 Support)

For challenges that require a high-touch, personalized, and completely confidential approach, we offer our premium 1-on-1 counseling service.
This is the ideal solution for your high-performing executives, key team members, and sensitive EAP (Employee Assistance Program) cases. .

When personal-life stress directly impacts professional performance, this service provides the discrete, expert support they need to regain clarity and focus

A Counselor Who Understands Your World

What makes this service unique is the brain behind it. Your executives will not be speaking to a generic counselor; they will be partnering with **PG Sebastian.**

PG Sebastian is not only a practicing marriage and family counselor but also a professional insurance underwriter with over two decades of experience in General Insurance. He currently serves as Digital Services Manager in a GSE-listed organization, overseeing the digital assets of nine (9) companies across three (3) countries. He lives in the same world of deadlines, stakeholder management, and high expectations as your team.



Solution Two

Course Offerings

- Relationship Coaching
- Premarital Counseling
- Post Marital Counseling
- Divorce Therapy
- Relationship And Marriage Related Thematic Services



A Confidential, Flexible, & Proven Process

Our coaching practice is built for the realities of corporate life.

- **100% Confidential:** We provide a "safe space" that is non-judgmental and agnostic on faith, creed, or ethnicity, ensuring your team's absolute privacy.
- **Flexible & Global:** Our services are delivered online, offering the time and space flexibility that busy executives require, whether they are in Accra or Toronto or Mumbai
- **A Trusted Clientele:** Our approach is trusted by high-performing professionals from sectors just like yours, including the Judiciary, finance, healthcare, government, and entrepreneurship. Our clients are Ghanaians, Non-Ghanaians married to Ghanaians, Africans and Caribbeans

We provide the dedicated, one-on-one support your leaders need to navigate high-stakes personal challenges with dignity, allowing them to return to their work with the emotional clarity and resilience required to lead.





STEPS TO FOREVER



The Business Case for Partnership: Your ROI.

We Understand...



We understand that a corporate wellness program is not a perk; it is a strategic investment in your company's most valuable asset: your people. An investment in their relational health is an investment in your company's financial health, delivering a clear and measurable Return on Investment (ROI). Partnering with Steps to Forever is not an expense. It is a direct investment in the four core pillars of a high-performance business.

1. Increase Productivity & Focus

The "Presenteeism" and "Absenteeism" you see are direct results of personal stress. An employee distracted by a conflict at home is not a focused employee. By providing the tools to manage relational stress, you are giving your team the gift of emotional clarity. This translates directly into more engaged, present, and innovative employees who can dedicate their full cognitive energy to their work, rather than to their personal crises.

2. Reduce Employee Turnover & Retention Costs

Top talent leaves when they feel unsupported, burned out, or forced to choose between their career and their personal well-being. A robust, confidential support system like the Steps to Forever ecosystem is a powerful retention tool. It proves that you, as a company, care about your employees as whole people, not just as units of production. This builds profound loyalty and significantly reduces the high financial cost of recruiting and training replacements.

3. **Attract Top Talent in a Competitive Market**

Today's high-performers, especially emerging leaders, are not just looking for a high salary; they are looking for a healthy, supportive, and modern work culture. A comprehensive wellness program that includes relational health is a powerful competitive differentiator. It signals to the market that your company is a forward-thinking, high-EQ organization that invests in its people, making you the employer of choice for the best talent.

4. Build a Resilient, High-EQ Culture

The skills your employees learn in our courses and counseling sessions, clear communication, dignified conflict resolution, emotional regulation, do not stay at home. They "leak" into the workplace. An employee who learns to navigate a difficult conversation with their partner uses those same skills with their team. By investing in their personal soft skills, you are, in effect, running a company-wide leadership program, building a more resilient, collaborative, and high-trust culture from the ground up.

STEPS TO FOREVER



Meet

PG Sebastian

The power of the Steps to Forever ecosystem comes from the proven, real-world expertise of its founder. When you partner with us, your team is learning from a trusted, practicing professional who understands both relational health and the corporate environment.

PG Sebastian is a Certified Family Counselor, published author, and practicing relationship coach.

He is also a professional insurance underwriter with over two decades of experience in General Insurance. He currently serves as Digital Services Manager in a GSE-listed organization, overseeing the digital assets of nine (9) companies across three (3) countries.

This unique dual expertise is our greatest strength. He doesn't just understand relationship theory; he understands the high-pressure world of deadlines, stakeholder management, and performance metrics that your employees live in every day.

His approach is not academic theories; it is forged from the practical, emotional truths gathered in a decade of practice and over 2,500 real-life, one-on-one counseling sessions, post-COVID Pandemic alone.

A Recognized & Trusted Public Voice
As a leading voice in building relationships with clarity and dignity, PG Sebastian's work is a trusted resource for thousands.

He is an author of three books, including his cornerstone text, *Steps To Forever: A Reflective Guide to marriage preparation.* He is also an avid blogger on Marriage and Relationship themes

His expertise is regularly sought by prominent Ghanaian media outlets with national reach, including GTV, GhOne TV, and Joy FM. He is also a sought-after speaker for high-ticket corporate and cultural events, such as the Joy Bridal Fair among others. This blend of deep counseling experience, corporate experience, and public trust makes him the ideal guide to help your employees build the emotional resilience they need to thrive—both at home and at work.

Bringing It All Together

Let's Build a Custom Wellness Plan for Your Team.

STEPS TO FOREVER

COUNSELING | SCHOOL | BOOKS | PODCAST | BLOGS | MERCHANDISE

STEPS TO FOREVER BLOG

The Deep DIVE

A Dedicated Podcast for Step To Forever And Related Services offered by PG Sebastian

PG Sebastian Coaching

STEPS TO FOREVER KNOWLEDGE CENTRE

Love. Learn. Grow Forever.



Our Packages

Thematic Wellness Packages

A targeted investment in your employees' well-being, designed for their specific life stage. It composes of four distinct partnership levels allowing you to offer the right wellness support to the right employees at the right time.

General Wellness Packages

A targeted investment in the general relational wellbeing of your employees. It composes of four distinct partnership levels, allowing you to provide the right support for your entire workforce, from all-staff digital resources to high-touch executive coaching.

Your Wellness Package

This is our premium Enterprise Grade Bespoke customization.

Tell us what your mix is, and we will deliver it, even if it means we create new relevant content specifically tailored to the needs of your organization

STEPS TO FOREVER

— Package One Thematic Wellness Packages



Package 1: The "Foundation" Package

Young & Unmarried Employees

The Business Value (Why Buy This?)

This demographic includes your newest hires and future leaders. Their primary stressors often involve building new relationships, financial independence, and managing the high expectations of a new career while navigating their own romantic lives. By investing in their personal relational development before a crisis, you build a more resilient, self-aware, and emotionally intelligent employee. This is a "future-proofing" investment in your talent pipeline, reducing future burnout and improving team collaboration.
Included Services

What the Company Buys

- **Company-Wide License:** For **Two (2) Online Courses**:
- *Understanding The Uniqueness Of Your Partner* and *Communication*
- *Conflict Management In Relationships* (These skillset are universal).
- **A Pre-Purchased Bank of Individual Clarity Sessions:** A block of 1-on-1 counseling sessions with PG Sebastian for employees to book confidentially.
- **Company-Wide Subscription:** To the "Steps to Forever" Blog for continuous, real-world insights.

Package 2: The "Growth" Package

Newly Married to 7 Years of Marriage

The Business Value (Why Buy This?)

This is a high-stress demographic. These employees are often mid-career, high-value talent who are simultaneously navigating their most challenging personal years: merging finances, buying homes, having children, and managing in-laws.

"Presenteeism" (being at work but mentally absent) is highest here. This package is a direct intervention to reduce their cognitive load, increase their focus at work, and dramatically improve employee retention by supporting them through this critical life phase.
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What the Company Buys

- **Company-Wide License: For Three (3) Online Courses**
  a. *Essentials Of Building A Resilient Family*
  b. *The Art Of Building A Resilient In-Law Relationship*
  c. *Communication And Conflict Management In Marriage*
- **A Pre-Purchased Bank of "Couples Counseling Sessions":** A block of 1-on-1 "Post-marital Counseling" sessions that an employee and their partner can use together.
- **Company-Wide Subscription:** To the "Steps to Forever" Blog for continuous, real-world insights.

— Package One Thematic Wellness Packages

Package 3: The "Recovery" Package

Employees Divorcing to Recently Divorced

The Business Value (Why Buy This?)
An employee going through a divorce is in an acute crisis. They are your highest flight risk and their productivity is, understandably, at its lowest. *This is not a "wellness perk"; this is a high-intensity retention strategy.* This package is a corporate "lifeline" designed to provide intensive, confidential support to help a valued employee navigate their trauma, regain their footing, and return to their full capacity, focus, and effectiveness as quickly as possible.

What the Company Buys

- **A Pre-Purchased Bank of "Divorce Therapy Sessions":** A large block of 1-on-1 "Divorce Therapy" sessions, giving the employee access to consistent, expert support..
- **Company-Wide Subscription:** To the "Steps to Forever" Blog.

Strategic Rationale (Why This Combination):

- This package prioritizes high-touch, confidential support over self-paced learning. An employee in crisis does not have the focus for a course.
- The Divorce Therapy Sessions are the main anchor for deep, intensive healing and rebuilding an identity.
- The Blog posts serve as augmentation and introspective guide in their quiet moments

Package 4: The "Seniors'" Package

Senior Employees Who Are Currently Single

The Business Value (Why Buy This?)
This often-overlooked demographic includes many of your most senior, established, and high-value leaders. Their wellness needs are unique; often centered on managing work-life boundaries, preventing loneliness, or navigating new, high-intention relationships as a mature adult. Supporting them is a key strategy for protecting your most critical leadership talent.

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What the Company Buys

- **A Pre-Purchased Bank of "Executive Clarity Sessions"**: 1-on-1 counseling sessions.
- **Company-Wide License (The "Skills" Bundle): For Two (2) Online Courses**
- *Understanding The Uniqueness Of Your Partner*
- *Communication And Conflict Management In Relationships*
- **Company-Wide Subscription:** To the "Steps to Forever" Blog.

Strategic Rationale (Why This Combination):

- The key differentiator here is the peer-to-peer relationship. This package is built around the Executive Clarity Sessions. Your senior leaders are not just getting a counselor; they are getting a confidential peer—PG Sebastian, a fellow corporate leader with two (2) decades of experience, akin to theirs.
- This peer-level trust is essential for this demographic. The Courses provide foundational, self-paced skills for self-awareness and conflict (which are universal), but the primary value is the high-level, 1-on-1 strategic support from someone who understands their world.

STEPS TO FOREVER

— Package Two

General Wellness Packages



Package 1: The "Resilience" Package (Digital-First)

Best for: The entire workforce. A scalable, foundational wellness benefit for all employees.

The Business Value (Why Buy This?)
This package provides your team with 24/7, confidential access to our full library of digital wellness tools, empowering them to build resilience at their own pace.

What the Company Buys

- **Knowledge Centre All-Access:** A company-wide license providing every employee with unlimited access to our entire library of self-paced online courses (45+ modules, 175+ lessons, 100+ exercises).
- **Company-Wide Subscription:** To the "Steps to Forever" Blog. A premium, weekly article based on relevant themes
- **Curated Podcast Library:** A curated, private playlist of "The Deep Dive" podcast episodes, selected to be most relevant to a corporate audience.

Pricing Model: Annual Subscription (Priced Per Employee, Per Year).

PACKAGE 2: The "Clarity" Package (EAP & Team Support)

Best for: Best for: Companies seeking a comprehensive EAP (Employee Assistance Program) and targeted support for teams or individuals in need.

The Business Value (Why Buy This?)
This package includes all digital resources from the "Resilience" package, plus a dedicated bank of confidential, one-on-one counseling hours.

What the Company Buys

- **Everything in the "Resilience" Package** (All-access courses, blog subscription, podcast library).
- **A Pre-Purchased Bank of Counseling Hours**: A block of confidential, 1-on-1 virtual counseling sessions with PG Sebastian, managed by your HR or EAP administrator.
- **Two Predetermined Group engagement**:book PG Sebastian for team-based thematic sessions.

Pricing Model: Annual Subscription (Priced Per Employee, Per Year).

— Package Two
General Wellness Packages

Package 3: The "Leadership" Package (Executive Focus)

Best for: Supporting and retaining your most critical asset: your leadership and high-potential employees.

The Business Value (Why Buy This?)
This package is designed for high-performers, leveraging PG Sebastian's two decades of corporate experience to provide executive-level coaching that addresses and navigating complex personal relational challenges that has the tendency to affect negatively their performance, or continued employment

What the Company Buys

- **Everything in the "Clarity" Package: (**All digital access + a bank of counseling hours for all staff)**.**
- **Quarterly Theme specific Webinars:** A live, 90-minute virtual /In-Person workshop for your management team on a relevant topic (e.g., "Balancing professional and family Load,")

Pricing Model: Annual Subscription (Priced Per Employee, Per Year).

Package 4: The "Bespoke" Package

Best for: Best for: Companies that want to build a deep, customized, and holistic wellness culture.

The Business Value (Why Buy This?)
This is our "white-glove" service. We will work with you as a strategic partner to fully rewire employee thought pattern, ensuring that they see their engagement with you beyond its transactional form into something more familial. It creates personal and emotional indebtedness.

What the Company Buys

- **Everything in the "Leadership" Package.**
- **One Annual On-Site Keynote Engagement**
- **Bespoke Monthly articles for internal Newletter**

Pricing Model: Annual Subscription (Priced Per Employee, Per Year).

— Package Three
Your Wellness Package

This is our premium Enterprise Grade Bespoke customization. Tell us what your mix is, and we will deliver it, even if it means we create new relevant content specifically tailored to the needs of your organization



Pricing Plans

Investing In The Relational Wellbeing Of Employees

Thematic Packages	Courses	Pack For 10			Pack For 25			Pack For 50		
		Sessions	Staff	Prices	Sessions	Staff	Prices	Sessions	Staff	Prices
The Foundation Package	2	40	10	38.400	100	25	94.000	200	50	184.000
The Growth Package	2	40	10	38.400	100	25	94.000	200	50	184.000
The Recovery Package	1	30	10	7.000	45	25	10.500	60	50	14.000
The Seniors' Package	2	80	10	51.000	200	25	123.750	300	50	214.000

COMPLEMENTARY SERVICES

All Packages	Blog Articles And Podcast	Predetermined Half-Yearly In-person Engagement For Teams

General Packages	Courses	Pack For 10			Pack For 25			Pack For 50		
		Sessions	Staff	Prices	Sessions	Staff	Prices	Sessions	Staff	Prices
The Resilient Package	All Courses	0	10	50.000	0	25	125.000	0	50	250.000
The Clarity Package	All Courses	30	10	61.700	75	25	152.625	150	50	302.000
The Executive Package	All Courses	40	10	64.400	100	25	159.000	200	50	314.000
The Bespoke Package	All Courses	80	10	77.000	200	25	188.750	400	50	370.000

COMPLEMENTARY SERVICES

The Resilient Package	Blog Articles And Podcast	Nil	Nil
The Clarity Package	Everything In Resilient Package +	Predetermined Half-Yearly In-person Engagement For Teams	Nil
The Executive Package	Everything In Clarity Package +	Quarterly Theme Specific Webinar	Nil
The Bespoke Package	Everything in Executive +	One Annual On-Site Keynote Engagement	Monthly Company Determined Articles For internal Newsletter



Let's Build a Custom Wellness Plan for Your Team.

Your employees are your greatest asset. Investing in their relational health is a direct investment in the resilience, focus, and productivity of your entire company.

But there is no one-size-fits-all solution.

We are not just a vendor; we are a long-term strategic partner. We will work directly with your leadership to understand your unique challenges and design a custom, scalable wellness package that combines our E-Learning, Blog Subscriptions, and Confidential Counseling services to meet your specific goals and budget.

Let's start the conversation.

STEPS TO FOREVER

COUNSELING | SCHOOL | BOOKS
PODCAST | BLOGS | MERCHANDISE

Contact Us for a Corporate Consultation:

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