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SoulSync puts the human experience at the center of workplace wellbeing

SoulSync brings AI-supported reflection, wellbeing resources and therapist-informed guidance to small and midsize organizations.

SoulSync is a modern workplace wellbeing company built around a straightforward idea: work doesn't happen separate from life, and support at work should reflect that.

For HR leaders and managers, burnout, disengagement and retention concerns aren't just numbers on a dashboard. They're connected to the everyday experiences people bring to work. SoulSync's approach combines empathetic AI support, curated growth resources, pathways to professional support and privacy-first organizational insights to help teams respond thoughtfully.

The company's mission is to help organizations better understand and support the human experience at work. Its focus is proactive wellbeing for small and midsize businesses, including teams navigating neurodiversity, caregiving and midlife challenges.

SoulSync's founding team includes Laurie Groh, MS, LPC, SAS, Co-Founder and Clinical Director; Stacy Hiquet, Co-Founder and Strategic Advisor; and Kristan Leach, Co-Founder and Operations.

Laurie brings therapist-informed insight and her experience as the owner of Shoreside Therapies to SoulSync's clinical direction. Stacy contributes strategic guidance, while Kristan leads the company's operational focus.

SoulSync is designed to strengthen leadership conversations, HR support and access to professional care, not replace them. Its workplace tools are not emergency services or a substitute for clinical treatment. Potential business benefits depend on organizational context and implementation; no specific financial return is guaranteed.

HR leaders can explore SoulSync's approach and request a demonstration at https://soulsyncnow.com/book-demo.

ABOUT SOULSYNC SoulSync is a modern workplace wellbeing company combining AI support and therapist-informed guidance for small and midsize organizations. Its approach puts trust, privacy and the human experience at the center of workplace culture.

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