

Relationship Building For Helping Professionals



RelateAbility, PLLC

*Cultivating Resilience & Connection
for the Wellness of Your Team*



RelateAbility.org

Wellness & Relationship Building Services

Working in schools and social service agencies will take a toll on us as **people** and not just as **professionals**. Being honest about that reality is important. When we recognize the ways stressors are affecting us as individuals and as a team, we can work to **support one another's resilience**.

RelateAbility helps your team better understand how you all are doing **as a team** and how you can **grow to encourage each other**, especially during stressful times. And with a **genuine appreciation** for the educators, social workers, therapists, and other staff members serving in schools and social service agencies, RelateAbility makes time to **celebrate and honor your teammates and you** because not everyone can do the work you all do.

With RelateAbility, your team will engage in activities, conversations, and reflection exercises designed to **strengthen relationships while strengthening focus around a common mission**. These offerings all seek to **rejuvenate your team's capacity to care for one another** and, in turn, to **better serve your students, clients, and families**.





As helping professionals, we know **the environments in which we learn and connect with others can be just as important as our purpose for being together.** With this in mind, RelateAbility collaborates with you to select locations appropriate for your team's needs.

To the safest extent possible, and as settings allow, **RelateAbility conducts workshops in the outdoors as an invitation for your team to experience the healing power of nature.** This includes gathering in parks, on an archery range, on a ropes challenge course, or on rivers while paddling in kayaks. Of course, more traditional office settings and classrooms work well too. No matter the setting, your team will be invited to **slow down together** and make plans for **remaining connected** to healthy environments and to each other .

Whether it's a one hour "tone setting" workshop, or a multi-day retreat to **strengthen organizational wellness**, RelateAbility will collaborate with you to develop an **empowering experience for your team.** What remains consistent is the dedication to honor your team's **unique perspectives, ideas, and needs.**



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Schedule a free initial consultation by contacting Fred at
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