

RelateAbility specializes in team interventions and training. We improve organizational health by:

- Creating safe space for solution-focused conversations about your team's needs, mission, and common goals
- Increasing investment in your team and mission to help reduce turnover and mitigate compassion fatigue and burnout
- Training group facilitators to effectively use experiential activities with your clients and students in joyful ways

Certified Vendor Statewide  
Historically Underutilized Business Program

Certified  
Clinical Adventure Therapist

Association for Experiential Education  
Certification Council

American Red Cross Training Instructor

Compassion Fatigue  
Train the Trainer Certificate

Certified in Low and High Ropes  
Group Facilitation



**Federico A. Borroel, LPC-S,CCAT**  
President & Owner

Schedule a free initial consultation by contacting  
Fred at 210-391-2569 or [Fred@RelateAbility.org](mailto:Fred@RelateAbility.org)

**Strengthening Relationships  
One Experience At A Time.**

Your Team. Our Purpose.





## Organizational Health and Team Wellness

RelateAbility **strengthens relationships one experience at a time**. Our purpose is to provide your team members opportunities to connect with one another as they **engage with your team's mission and values**. We'll develop short and long term plans consistent with:

- needs communicated by your team for remaining healthy in the workplace
- strengths of your team members
- commitments your team makes to remain invested in each other and your mission

We've found that **creating a safe space for solution-focused (and sometimes difficult) conversations** helps teams reimagine their potential together. We've also found when **people truly feel appreciated for sharing their perspectives**, instead of participating in a teambuilding event that just "checks the box," they feel valued. So, we make time to **celebrate and honor your team in unique ways** every time we meet to **enhance your team's wellness and the overall health of your organization**.

## Your Team's Experience

We understand that when your **team members show appreciation for each other as people** and not just as colleagues, **they know they matter on many levels**. With that understanding, we use a **strengths-based approach to build community** through experiential workshops and empowering conversations.

We often **invite teams into natural settings to help members ground themselves** as they work together on goals. This includes gathering in parks, on an archery range, on a ropes challenge course, or on rivers while paddling in kayaks. No matter the setting, your team will be invited to **slow down together and make deliberate plans** for remaining strongly connected.

*"What a gift it was for our team to process and connect in such a supportive context. [RelateAbility does] very important work and foster[s] a culture of kindness, compassion, and healing."  
-Rachel M., Clinical therapist*

## Let's Collaborate

Contact RelateAbility by calling 210-391-2569 or emailing [Fred@RelateAbility.org](mailto:Fred@RelateAbility.org).

We'll arrange a time to talk **about your mission, your team's challenges, and your hopes for bringing your team together**. After our conversation, RelateAbility will provide you with options for meeting your goals.

Whether it's a single day experience, or a multi-day retreat, RelateAbility will collaborate with you to **develop an empowering experience for your team**. What remains consistent is the dedication to addressing your team's unique needs and dynamics.

*In the meantime, scan the QR code for a quick activity to connect with your teammates during your next meeting.*



**RelateAbility.org**