



RelateAbility, PLLC

Cultivating Resilience & Connection for the Wellness of Your Team

School-based Wellness, Professional Development, & Relationship Building Services

Working in schools will take a toll on us as **people** and not just as **professionals**. Being honest about that is important because when we recognize the ways stressors are affecting us as individuals and as a team, we can work to **support one another's wellness and the resilience of our school communities**.

RelateAbility helps your team of educators, school social workers, and counselors better understand how you all are doing **as a team** and how you can **grow to encourage each other**, especially during stressful times. RelateAbility makes time to **celebrate and honor your team** with each workshop or training because demonstrating appreciation for one another can help **mitigate burnout and strengthen relationships with your colleagues**.

RelateAbility specializes in Experience-Based Training & Development which means your team will engage in activities, conversations, and reflection exercises designed to **strengthen relationships** while strengthening focus around a common mission. These offerings seek to **rejuvenate your team's capacity to care for one another** and, in turn, to **better serve your students and families**.



Understanding that **student wellness promotes educator wellness**, RelateAbility offers community building activities for students and educators to connect as people. When **students and teachers are united by more than a schedule**, and engage alongside one another in problem-solving games, archery, and ropes course activities, **school communities can transform**. So, RelateAbility facilitates social-emotional groups which help students recognize how to ask for and offer support to others, **create effective working relationships** with peers, and understand more about the impacts of personal behavior when interacting with peers, teachers, and other school personnel. With RelateAbility, **students are empowered to confidently and respectfully find their voices**.

RelateAbility also offers experiential learning workshops for educators and mental health professionals in schools to promote occupational wellness. These professional development offerings help teachers and group facilitators **learn to effectively use activities which promote connection, safety, effective communication, and trust** on your campus. Participants leave these experiences with new ways of connecting to students that often **reignites joy** in their work and helps students improve their mental and emotional health. Regardless of the service you choose, 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**.