



Release & Empower workshops are a wonderful way to support your team and prevent or transform burnout. This self-healing in community model helps mental health and wellness professionals connect with themselves and each other in a genuine way, so the whole team can release stress, renew their sense of purpose, and find balance together.

With writing, somatic release, deep relaxation, and meditation, this experiential workshop is a mini-retreat, with teaching on how participants can easily integrate mind-body healing tools into their daily lives for self-care. Here's some feedback from past workshops:

"This workshop felt so safe and relaxing. I am walking away from this renewed in my self-confidence and clear on my next steps."

"Julia is a highly skilled and embodied facilitator. I've worked with many different leaders over the years, and she is a master at what she does."

"I feel so much more connected to the people here now. It feels easier, and I'm realizing we really are doing something meaningful together."

Depending on your needs, we can set up an hour-long workshop, a half-day intensive, or a full day retreat. Ongoing facilitated groups and/or a training series can be designed for your group after an introductory workshop, if you'd like further follow up. Otherwise you can easily continue the work on your own. Fill out this [contact form](#) to discuss options and plan your event.

Julia Aziz, LCSW-S, OIM is a psychotherapist and ceremonialist with over twenty-five years of experience facilitating groups, classes, and retreats. Learn more about her work at juliaaziz.com