

## Staff Support Circles

This journey is excellent for hospitals, non-profits, schools, corporations, and mission-driven teams seeking emotional grounding and communal emotional and sacred care. Staff are carrying more than ever in today's political and social climate including their own losses, the weight of the daily emotional labor of their work, and compassion fatigue. The Support Circle Journey is a balm: Providing structured, intentional, and facilitated spaces for teams to release, reflect, reconnect and recalibrate. You and your team are supported by:

### 1. Collective Centering Practices

A grounding moment to help participants regulate and feel present.

### 2. Guided Reflection & Story Sharing

Inviting voluntary sharing of grief, stress, or invisible emotional load with structure and care.

### 3. Psychoeducation for the Group

Teaching how grief affects memory, focus, behavior, and communication.

### 4. Somatic Regulation Practices

Short, accessible body-based exercises teams can use anytime.

### 5. Integration & Practical Support Strategies

Identifying next steps, workplace adjustments, and communication tools that honor the whole team.

### 6. 3-week follow up

Check-in to ensure the learning has been embodied and to incorporate any feedback or needed support.

## What this journey offers your team:

- Live group video sessions or in-person (price will vary for travel)
- Somatic practices to ground our time together and provide emotional safety
- Psychoeducation regarding the mental and emotional impact of grief, workplace trauma, and social strife on workplace connection
- Reflection questions & activities tailored specifically for your group or organization
- A beautiful digital Evolution Journal to document the group progress, reflections, and care practices

### Evolution Investment

Prices starting at:

90-minute circle facilitation (virtual): \$2,000  
(Connecting for 1 session for approximately 2 hours)

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2 Circles in one day: \$3,800

Full day (3-4 circles with periodic check in support after the event): \$5,800

When you're ready your next step is to complete the Partner with Dr. Christina Contact form [on the web site.](#)

\*This offering is not ongoing group therapy or crisis support. If you or a member of your team are experiencing acute psychiatric symptoms, please reach out to your mental health provider or dial 911 or 9-8-8 for mental health crisis care.