



Neha Darji, MS, LPC, ACS

Therapist | Speaker | Trainer | Founder of We Rise Therapy & Wellness

Neha Darji is a powerful voice at the intersection of mental health, leadership, and equity. A Licensed Professional Counselor and EMDR-trained trauma therapist with 15+ years of experience, she is the Founder of We Rise Therapy and Wellness—a practice dedicated to the healing and empowerment of women, BIPOC communities, and purpose-driven professionals. Blending clinical depth, cultural humility, and transformational facilitation, Neha helps organizations reduce burnout, strengthen emotional intelligence, and build inclusive, resilient teams. Through keynotes, retreats, trainings, and panels—both virtual and in-person—she creates brave spaces where people feel seen, valued, and empowered to rise.

PAST PARTNERS

ELLE

Chobani. ♥

COLOMBE

NJ Spotlight News



SIGNATURE TOPICS

- ✓ Reclaim Your Spark: Burnout Prevention
- ✓ Emotional Intelligence for Teams
- ✓ Identity, Belonging & Cultural Humility
- ✓ Breaking the Silence: Mental Health and Belonging in AAPI Communities
- ✓ Cycle Breaking Leadership for WOC Professionals
- ✓ Rise and Restore: Building Nervous System Resilience
- ✓ Ditching Imposter Syndrome & Owning Your Success

CLIENT FEEDBACK

“If you’re looking for a speaker who can hold space for healing, spark meaningful conversation, and actually shift how people show up after the workshop—bring Neha in” -Participant, NJCASA

“I really needed this. This was absolutely phenomenal” -Participant, Chobani

“Neha’s workshop was exactly what our team needed. It created space for reflection, healing, and tangible self-care tools like breath work and mindful movement. Her approach was restorative, grounding, and deeply impactful—every advocate should experience this” -Participant, NJCASA

“Honestly everything about these trainings was super excellent and valuable” - Participant, NJ4S Bergen

BOOK NEHA: For custom trainings and speaking inquiries, contact:



neha@werisetherapyandwellness.com



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