

RAFT

Resilience for
Advocates through
Foundational Training®

Fortifying Your Anchor: Ways to Strengthen our Connection to Advocacy

RAFT TRAINING WORKBOOK



www.raftcares.org



facebook.com/raftcares



@raftcares



info@raftcares.org

ABOUT RAFT

RAFT supports organizations and advocates to cultivate human-centered workspaces through foundational wellness practices, resources, and training to build resilience and promote a healthier gender-based violence advocacy ecosystem.

TRAINING OBJECTIVES

In this 90-minute session (part workshop, part storytelling), we will explore what is currently anchoring us in advocacy work, identify our strengths/ superpowers in advocacy, and identify ways to reinforce and renew those anchors.

Journal Reflection Questions

What is your anchor?

Is your anchor strong?

Is your anchor solid?

Is your anchor secure?

Is your anchor redundant?

How do you strengthen your anchor?

What are your top five strengths?

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	

How do you use them in your advocacy work?

What are your top five values?

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	

How do they relate to your advocacy work?

What are you grateful for?

What do you do to practice self-care?