



# From Surviving to Thriving:

## Building Resilient Anti-Violence Workplaces

### *Reflections from Plenary*

- *What surprised you the most?*
- *What was the most validating thing you learned?*

#### ***Notes***

### *How would you know if you're working at a sustainable & thriving anti-violence organization?*

- *What descriptive words would you use? What would it feel like to show up at work every day? What kind of emotions would you use to describe those feelings?*
- *What helps you show up to work feeling like your authentic self?*
- *How is your organization actively working to address these issues?*

#### ***Notes***



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### ***Action Planning***

- *What's one accommodation or small change your organization could provide that would make a big difference?*
- *What is one tangible action or change you could advocate for at your organization to incorporate elements of psychological safety & bravery?*
- *How will you communicate your learnings to your colleagues, supervisor, and leadership team?*

### ***Notes***

### ***What will you commit to...***

***Next week?***

***Next month?***

***3 months from now?***

*Remember to submit at least 1 commitment & your email address to Slido for SOAR to follow up!*