

Welcome to our Plenary Session Fortifying Our Anchors: Ways to Strengthen our Connection to Advocacy



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.

RAFT

Resilience for
Advocates through
Foundational Training®

Our Mission

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



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Offering advocates the
support needed to
navigate compassion
fatigue and burnout.





The Power of Advocacy

The importance of an advocate's long-term wellness cannot be overstated.

Long-term wellness for advocates involves not only physical health
but also mental and emotional resilience.

No one is in the advocacy field for the glitz and glamor of the job.

We are human beings who want to help other humans.

To provide the best care for survivors we must provide a space to care for ourselves first.





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How Can Raft Support Your Agency/Organization?

Building Blocks for Resilience Workshops

The Importance of Personal Boundaries

Discovering Your Values and Saying "No" in a Positive Way

Resilience to Shame

Strengths in Decision Making

Building a Resilient Life

Monthly Advocate Support Calls

Advocate Support Call (2 per month)

RAFT Survivor-Advocate Support Call (third Wednesday)

Leadership Call (2 per month)



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RAFT Founder



Jeremie Miller (he/him)
Leadership Workshop Facilitator
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Nicole Crespi (she/her/ella)
Workshop Facilitator



Sophie Strachan (she/her)
Team & Workshop Administrator



Maegan Bradshaw (she/her)
Engagement & Outreach Coordinator



Fortifying Our Anchors: Ways to Strengthen our Connection to Advocacy





Joy Ingram (she/her)
Workshop Facilitator

Bio:

Joy Ingram is a 'love superhero' whose mission is to spread empathy, compassion, and understanding in a world often overshadowed by chaos and hatred. Born out of a profound belief in the power of love to heal, Joy emerged with a unique set of abilities aimed at uplifting and uniting individuals through the strength of heartfelt connections.

In the eyes of Joy, love isn't just an emotion; it's a force that transcends barriers, unites souls, and transforms the world into a place of harmony and understanding. Apart from her time crusading to help people plant love and grow joy, you can probably catch her on the beach sipping coffee and reading a good book.



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What is an anchor?



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- Provide with a firm basis or foundation.
- A person or thing that provides stability or confidence in an otherwise uncertain situation.
- Something that holds an object firmly in place.



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Examples of Anchors



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A quality anchor must be...



STRONG

Difficult to break

Carry heavy load

Withstand great force and
pressure



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SOLID

Dependable and reliable
Firm and stable in shape



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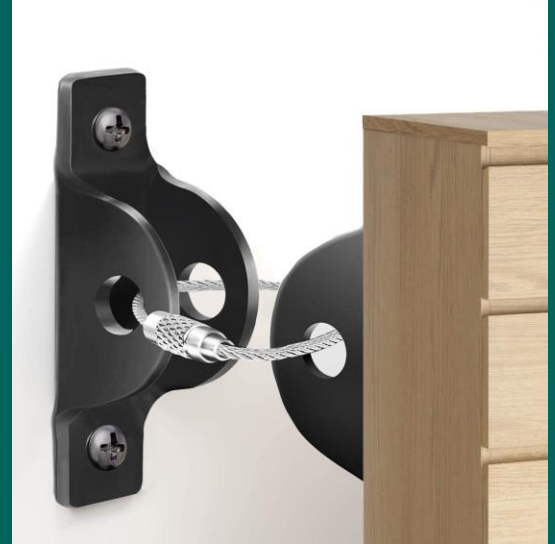
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SECURE

Fixed or fastened so as not
to give way, become loose,
or be lost.



REDUNDANT

**Serving as a duplicate for
preventing failure of an
entire system upon failure of
a single component**



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What is YOUR anchor?



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**Is your anchor
strong, solid,
secure?**



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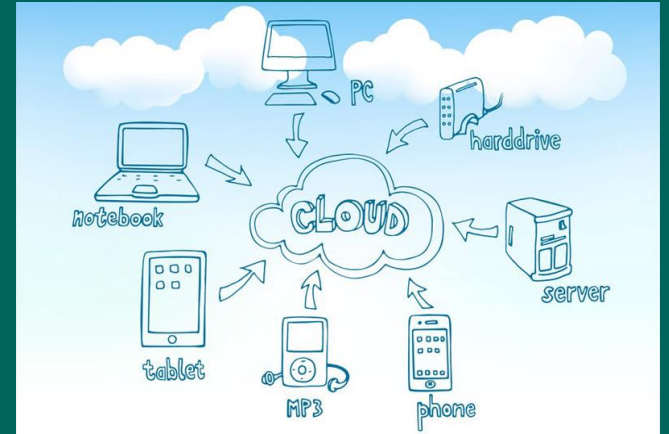
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Is your anchor redundant?

What is your backup for your main anchor?



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How do you
strengthen and
maintain your
anchor?



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Strengths

Values

Gratitude



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How do you renew your anchor?



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Boundaries

Self-care



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Importance of Self-Care

Self-care practices are of paramount importance when surviving the day-to-day of a high-stress job.

Prioritizing YOUR time is the foundation of building resilience to burnout that can lead to compassion fatigue and vicarious trauma.

How often do you practice self-care?

- ★ Daily?
- ★ Weekly?
- ★ Monthly?





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Thank you!!

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