

# What to expect from your RAFT Workshop

When you invite RAFT to work with your sexual and domestic violence organization, we truly become a part of your team. You will be assigned a dedicated RAFT guide who will work with you to select a RAFT course that serves your unique operations, staff and goals.

**“Our clients gained an understanding of their right to set boundaries and demand respect for them. RAFT was engaging and thought provoking and I would highly recommend this workshop.”**

– Shelley Bridges, Manager of Community Involvement and Development

You and your guide will arrange the timing of your workshop together, and your guide will travel to you—at no cost to your organization. Your staff will then receive an interactive, personalized one or two-day course where they will learn how to improve their personal well-being so they can continue to deliver an

exceptional standard of care to your clients for years to come.

Though each program is specified to your needs, generally speaking the RAFT curriculum provides tools that teach your staff to:

- Consider themselves and their well-being first
- Build positive relationships through communication skills
- Set boundaries and say no so they do not overextend themselves
- Be more intentional about self-care
- Become more effective at their job
- Build resilience so they can find more fulfillment in their work

By incorporating RAFT’s principles into the culture of your organization, you can redefine the standard of well-being within the sexual and domestic violence advocate community.

**For more information on the RAFT curriculum or to book a consult for your organization, please email [info@raftcares.org](mailto:info@raftcares.org)**