



Resilience for
Advocates through
Foundational Training

Building Resilience While Facing Uncertainty

The team at RAFT understands the struggles that come with working as a sexual and domestic violence advocate. Everything from the inability to switch roles when you get home, to the compassion fatigue that robs you of your ability to empathize. And let’s not forget plain-old exhaustion.

As a person who’s dedicated your life to the well-being of others, we’d like to provide you with **three 2-hour workshops or five 2-hour workshops that provide you with critical tools and relaxation techniques** that help improve your own well-being and build resilience.

RAFT Virtual Workshops Series (3)

THE IMPORTANCE OF VALUES AND SAYING “NO” IN A POSITIVE WAY	BUILDING RESILIENCE TO SHAME WORKSHOP	STRENGTHS IN DECISION MAKING WORKSHOP
<p>Learn how to determine your values and uphold them by saying a positive “No”.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ The importance of prioritizing yourself and your well-being. ★ Determine your most important values and how to apply it in decision-making. ★ How to say a positive “No”. 	<p>Learn how to identify and deal with shame to improve one’s well-being and build resilience.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Identify triggers and sources of shame. ★ Practice critical awareness ★ Understand the attributes of empathy ★ Name your trusted network 	<p>Learn how your innate strengths mitigate stress and navigate self and team decisions.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Determine how to use your top 5 strengths to increase self-empathy. ★ Capitalize on your strengths in your organization.

About RAFT – Resilience for Advocates through Foundational Training

We improve the level of care for sexual and domestic violence survivors by supporting advocates in building resilience to compassion fatigue and burnout. Creating awareness of domestic and sexual violence is pivotal to ending it. Supporting survivors in rebuilding their lives, including men and boys in the conversation, and working with abusers are all necessary pieces of the puzzle. But the physical, mental and spiritual well-being of the advocate supporting the survivor must also be addressed.



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RAFT Virtual Workshops Series (5)

BOUNDARIES AND THE DIFFERENCE BETWEEN SURVIVING AND THRIVING

Learn how to define personal boundaries and how to be “self-full” versus selfish.

Key Takeaways:

- ★ Be able to define and know types of personal boundaries.
- ★ Understand the importance and purpose of personal boundaries.
- ★ Be able to identify healthy and unhealthy boundaries.
- ★ Be aware of when boundaries are crossed.

THE IMPORTANCE OF VALUES AND SAYING “NO” IN A POSITIVE WAY

Learn how to determine your values and uphold them by saying a positive “No”.

Key Takeaways:

- ★ The importance of prioritizing yourself and your well-being.
- ★ Determine your most important values and how to apply it in decision-making.
- ★ How to say a positive “No”.

BUILDING RESILIENCE TO SHAME WORKSHOP

Learn how to identify and deal with shame to improve one’s well-being and build resilience.

Key Takeaways:

- ★ Identify triggers and sources of shame.
- ★ Practice critical awareness
- ★ Understand the attributes of empathy
- ★ Name your trusted network

STRENGTHS IN DECISION MAKING WORKSHOP

Learn how your innate strengths mitigate stress and navigate self and team decisions.

Key Takeaways:

- ★ Determine how to use your top 5 strengths to increase self-empathy.
- ★ Capitalize on your strengths in your organization.

BUILDING A RESILIENT LIFE

Bring together everything learned in the previous workshops to create intentional self-care plans.

Key Takeaways:

- ★ Learn about self-care as a resilience to support job function.
- ★ Use positive psychology to create an intentional replenishment plan.
- ★ Learn gratitude practices and apply the attributes of empathy to yourself and others.

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