



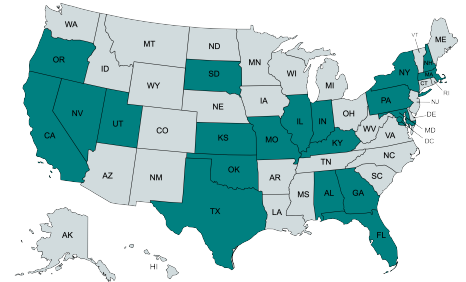
Resilience for  
Advocates through  
Foundational Training

## Our Mission

We improve the level of care for sexual and domestic violence survivors by supporting advocates and organizations in building resilience to compassion fatigue, vicarious trauma, and preventing burnout.

## Who we serve

We support SV & DV agencies, coalitions and collaborative groups, as well as national groups like NOVA and the armed forces. We have facilitated workshops in over 22 US States to approximately 4,214 advocates since 2018 (as of June 2023).



## Our Programs

We offer 5 virtual workshops:

- ★ Boundaries, Surviving & Thriving
- ★ The Importance of Values and Saying “No” in a Positive Way
- ★ Building Resilience to Shame
- ★ Strengths in Decision Making
- ★ Building a Resilient Life

Three Support Calls each month:

- ★ [Advocate Support Call](#) – 1<sup>st</sup> Wednesday
- ★ Emerging Leaders Call – 2<sup>nd</sup> Wednesday
- ★ [Survivor-Advocate Support Call](#) – 3<sup>rd</sup> Wednesday
- ★ Executive Directors Call – Last Wednesday

Plus, online offering such as:

- ★ [Podcasts](#), [Blogs](#), and [Newsletters](#)

## Testimonial

“All of it has helped me improve areas of my life. Boundaries, releasing shame, getting clear on my current values, and understanding what strengths I can use to help in my work and personal life.”

- Workshop Participant, 2023



## Our Founder

RAFT was founded by Indrani Goradia in 2006, with a vision to end gender-based violence globally. Indrani is an acclaimed author, speaker, trainer, coach, and philanthropist with a personal mission to advocate for domestic violence and sexual violence survivors.

