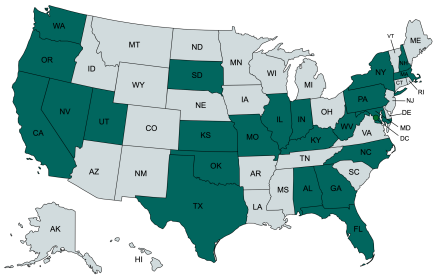
RAFT Resilience for Advocates through Foundational Training®

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 healthier gender-based violence advocacy ecosystem.

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 4,815 advocates since 2018 (as of Sept 2023).



Our Programs

Foundations of Resiliency Virtual Workshop Series:

- ★ The Importance of Personal Boundaries
- ★ Discovering Your Values and Saying "No" in a Positive Way
- ★ Building Resilience to Shame
- ★ Strengths in Decision-Making
- ★ Thriving Through Gratitude and Empathy

Four Support Calls each month:

- ★ Advocate Support Call – 1st Wednesday
- ★ Emerging Leaders Call – 2nd Wednesday
- ★ Survivor-Advocate Support Call – 3rd 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.

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