

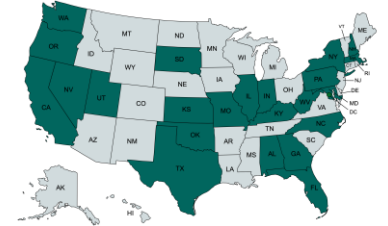


## Our Mission

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 with over 100 organizations to approximately 1,500 advocates since 2018 (as of February 2025).



## Our Programs

### Building Blocks to Resilience 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

### Standalone 2-Hour Workshops:

- ★ Healing from Urgency Culture
- ★ How to Ask for Help
- ★ Saying Yes to Self-Care

### Six Support Calls each month:

- ★ Advocate Support Call
  - 1<sup>st</sup> Wednesday + 4<sup>th</sup> Friday
- ★ Advocacy Leadership Call
  - 2<sup>nd</sup> Tuesday + 4<sup>th</sup> Tuesday
- ★ Advocate-Survivor Support Call
  - 3<sup>rd</sup> Wednesday
- ★ Hot Topics Support Call
  - 1<sup>st</sup> Friday

Plus, online offering such as:

- ★ [Podcasts](#), [Blogs](#), [Newsletters](#), [Free Assets](#)

## 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.

