



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 positive gender-based violence advocacy ecosystem.



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Fortifying Our Anchors: Ways to Strengthen our Connection to Advocacy



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GRATITUDE



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What is an anchor?



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- Provide with a firm basis or foundation.
- A person or thing that provides stability or confidence in an otherwise uncertain situation.
- Something that holds an object firmly in place.



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Examples of Anchors



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A quality anchor must be...



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STRONG

Difficult to break

Carry heavy load

Withstand great force and
pressure



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SOLID

Dependable and reliable

Firm and stable in shape



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SECURE

Fixed or fastened so as not
to give way, become loose,
or be lost.



REDUNDANT

Serving as a duplicate for
preventing failure of an
entire system upon failure of
a single component



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What is YOUR anchor?



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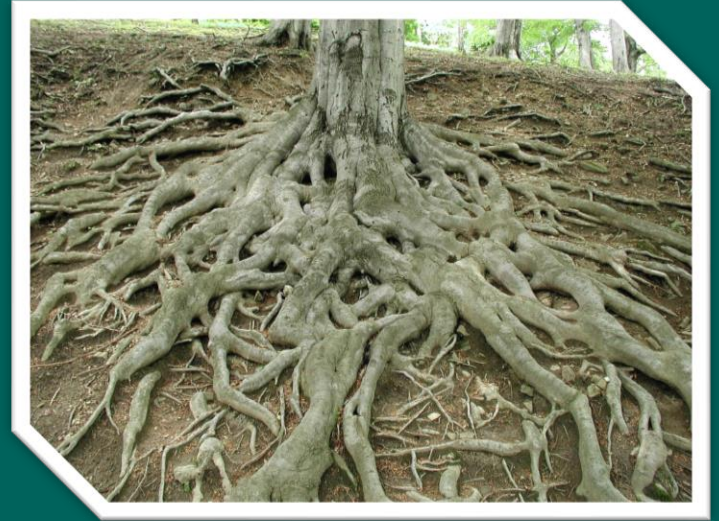


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**Is your anchor
strong, solid,
secure?**



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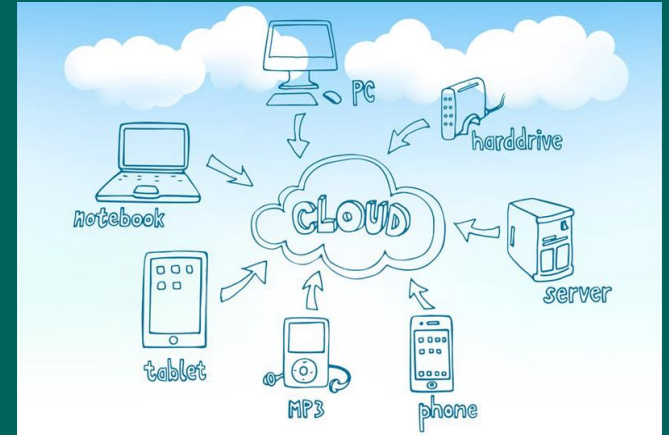
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Is your anchor redundant?

What is your backup for your main anchor?



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How do you
strengthen and
maintain your
anchor?



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Strengths

Values

Gratitude



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How do you renew your anchor?



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Boundaries Self-care



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Importance of Self-Care

Self-care practices are of paramount importance when surviving the day-to-day of a high-stress job.

Prioritizing YOUR time is the foundation of building resilience to burnout that can lead to compassion fatigue and vicarious trauma.

How often do you practice self-care?

- ★ Daily?
- ★ Weekly?
- ★ Monthly?





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Thank you!!

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