

Counteracting Emotional Burnout Self - and Structural Support of Civil Activists

13th of November 2018, 18:00 – 19:00

| | |
|--------------------------------------|---|
| <p>Main objectives</p> | <p>The topic: the emotional burnout and support for civil activists The objectives:</p> <ul style="list-style-type: none"> - support networking and systemic innovation relating to the emotional burnout of civil activists; - mediate peaceful conflict resolution and the interaction among local stakeholders so as to meet the objectives of prevention of emotional burnouts, that may be blended with specific participatory methodologies, according to local needs; - adaptation of different methods and facilitation techniques, communication strategies to involve, inform and disseminate results of prevention of the emotional burnout of civil activists. - Prevention of drain of civil activists/actors from the civil society. |
| <p>Side-event Coordinator</p> | <p>Ms. Volha Karach, International Centre for Civil Initiatives "Our House" (Belarus)</p> |
| <p>Proposed methodology</p> | <p>Blended workshop: Mix of interactive and frontal activities across the workshop with a core part for both the interactive and frontal session: small group discussions, brain storming, active listening.</p> |
| <p>Other information</p> | <p>https://interhelpnetwork.org/keeping-us-going-a-manual-on-support-groups-for-social-change-activists/ https://greatergood.berkeley.edu/article/item/how_to_sustain_your_activism http://hrlr.law.columbia.edu/files/2018/07/49.3.4-Knuckey-final.pdf http://rabble.ca/news/2012/06/breaking-silence-youth-and-activist-burnout https://www.activist-trauma.net/en/mental-health-matters/burn-out.html https://www.activist-trauma.net/assets/files/burnout_flyer_rightway.pdf https://thedevelopmentset.com/can-fiery-activists-avoid-burnout-14020b58cfba http://www.edchange.org/publications/Activist-Burnout-Chen-Gorski.pdf</p> |