

Reframe and Reconnect

Finding your Balance in Humanitarian Work

Friday 6th December 2024 - Cohort 2



Are you a humanitarian worker struggling to find balance?

Do you feel torn between the urgent demands of the field and the need to take care of yourself amidst the chaos? Are you feeling demotivated and frustrated by the systemic challenges of the sector?

Whether you work in 'Head Office' or in 'the field,' this programme is for you!

Join us for a deep dive day of Reframe and Reconnect

We invite you to participate in a peer cohort experience led by **Elsa Selva** and **Molly Stevenson**, experienced coaches and facilitators passionate about supporting social impact professionals in finding balance between wellbeing and impact work.

Why join this programme?

This pilot programme aims to create a comprehensive experience tailored to the unique needs of humanitarian workers. Our goal is to provide an inspirational and supportive space that cultivates essential skills and knowledge to enhance individual wellbeing, self-care, and drive positive impact while navigating sector challenges.

Programme objectives:

- Reconnect with yourself through self-reflection and grounding.
- Enhance holistic wellbeing with practical tools.
- Acknowledge systemic challenges in the humanitarian sector in relation to wellbeing.
- Create an actionable plan applicable beyond the training.
- Foster an inspirational community of peers.

This programme is for you if:

- You're curious about cultivating a healthy approach to your work and life.
- You've felt somewhat tired, discouraged or depleted of energy in the last six months.
- You've sometimes felt frustrated and disillusioned in your work.
- You recognise your values but struggle to integrate them fully into your daily actions.
- You're ready to transition from feeling stuck to feeling inspired and taking purposeful steps forward.

1

If you have any questions don't hesitate to get in touch with us:



reframeandreconnect@gmail.com



www.elsaselva.com

www.mollystevensoncoaching.com

What can you expect from the programme

During our time together, we'll provide tools to reconnect with yourself and navigate humanitarian challenges while prioritising your well-being. We'll create space for deep reflections and peer interaction, building a supportive community to help you stay resilient. Some of the topics that we'll cover include:

- o Who am I - Rediscovering self through an exploration of meaning and values.
- o Me in the system - A consideration of the systemic pressures in the humanitarian sector, its impact on wellbeing, and strategies for self-care.
- o What is mine to do - A space for peer action conversations aimed at empowering you to take purposeful steps forward in your journey.

An unconventional online workshop

Although the programme will be held **virtually**, it will have an **unconventional approach** and offer plenty of opportunities to **move, connect with the group, and engage with nature**.

Practical information

- **Format:** online workshop for up to 12 participants (minimum of 4 participants)
- **Date:** Friday, **6th December 09:00 am to 05:00 pm Central European Time (C.E.T)**
- **Fee: 70€.** This fee is symbolic as the programme is still in a pilot phase. Comprehensive feedback will be collected at the end of the programme to help refine future cohorts.

NOTE: If you are interested in joining but cannot make these dates, please complete the registration form and indicate your preferred alternative date. We will do our best to accommodate your request.

What cohort 1 participants have said...

- "It was a worthwhile day spent"
- "I would recommend the experience to others"
- "Great session being led through self-reflection"
- "Ideal for facing dilemmas, decisions or frustrations about the sector"
- "Fantastic reflection process facilitating positive self realisation"
- "I feel hopeful after this programme"
- "I feel I am on the right path already and I have better personal aspirations for my work."
- "I now have a clear action plan ahead. I was able to reach conclusions on some important topics which I had been uncertain about prior to all the self-reflection in the session."
- "I have a more positive centred idea of myself as a mature humanitarian professional, and confident that I have a lot to offer."



About Us



Molly Stevenson

After completing her MA in Humanitarian Aid at Deusto University, part of the NOHA Network on Humanitarian Action, Molly devoted six years to working in Humanitarian Aid and International Development. She then shifted into the Mental Health sector via training in Group Analysis. Molly now lives in Brussels where she works as an accredited Coach and Facilitator for the Inner Green Deal, an NGO dedicated to advancing the green transformation through inner development. The Inner Green Deal works with large systemic organisations such as the EU and the UN as well as with community leaders and facilitators. She is excited to rekindle her connection to her humanitarian origins through this pilot initiative.



Elsa Selva

Accredited coach, facilitator, and wellbeing practitioner, Elsa is passionate about holistic wellbeing and sustainability. Her journey has led her to explore different corners of the world, studying, working and living across Europe and Australia. These global experiences have enriched her personal and professional life and have shaped her values and professional career. She began her career with non-profits mediating international conflicts and facilitating groups in multicultural settings. Realizing the importance of equipping individuals with conflict resolution tools, she pursued a Master's in Wellbeing and Coaching Psychology, focusing on human flourishing and transformative change. Now a PhD student at Stellenbosch University, Elsa researches how group work can foster transformative and sustainable development.

Ready to join us?

If you are interested in participating, please register your interest by [completing the intake form](#) or contact us via email: reframeandreconnect@gmail.com

We look forward to meeting you and supporting your journey!

