

Reframe and Reconnect

Finding your Balance in Humanitarian Work



Do you work in Humanitarian Aid? Are you 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,' we would like to invite you to join a peer cohort for an R and R deep dive day with Elsa Selva and Molly Stevenson, both experienced coaches and facilitators passionate about supporting social impact professionals to find balance between well-being and the work they want to do in the world.

The purpose of this programme

This programme aims to create a comprehensive experience addressing the needs identified from years of working with individuals in the humanitarian sector. Our goal is to provide an inspirational and supportive space, cultivating essential skills and knowledge to enhance individual wellbeing, self-care, and drive positive impact while navigating sector challenges.

The objectives of the programme are

- Reconnect participants with their sense of meaning and purpose
- Provide practical tools to enhance holistic wellbeing
- Acknowledge the systemic challenges of the humanitarian sector in relation to wellbeing
- Create an actionable plan applicable beyond the training
- Foster an inspirational community

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 in your thoughts to feeling inspired and taking purposeful steps forward

Programme overview

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

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



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

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

Practical information

This will be an online workshop for up to 12 participants and a minimum of 4 participants. The workshop will be 8 hours long and will run either:

- As a **full day** on Saturday **28th September 9 - 5pm CET**
- As **two consecutive sessions** on Thursday **19th** and Friday **20th September 4 - 8pm CET**

When you sign up you will be asked to indicate your preference.

As this workshop is in its pilot phase, there's an optional *symbolic fee of 50 euros*, and we will be asking for comprehensive feedback from participants towards the end of the workshop to help us refine and improve the workshop for future cohorts.

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 a 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.

I'm interested! I'd love to join.

In that case:

Please register your interest completing the form on the QR code or get in touch with us via email.

We look forward to meeting you!

Registration form QR code:



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