Participants feel more autonomous, with a greater sense of personal growth and purpose in life.

*REIMAGINE:* What Can I Shift to Support my Well-being?

*REFLECT:* Which Actions are Stressful or Difficult and Why?

*REJOICE:* Which Activities Make me Happy or are Easy to Do?

*REVIEW:* What Actions am I Taking Now: What Do I Want to Do?

Environmental activism can be hard work. Sometimes, too hard. Self-care is an essential skill for resilient activism.

2 1/2-hour workshops, virtually or in person

**Contact Us**

info@theresilientactivist.org
816-919-3311

Travel, printing, and other incidental expenses are billed in addition to the workshop fee.