



Change-maker's resilience learning lab by INNOCAMP PL

Markus was once given a picture of a cactus as a thank you gift. He was first confused as he had always thought of himself as the huggiest person on earth. Then he was told some cactuses can survive up to 200 years without water, waiting patiently to flourish again... In this session we will explore the connection between inner well-being and effective social change. We will share best practices of building resilience for service leadership and innovation from leading ASHOKA impact entrepreneurs. The lab participants will explore:

1. **Ways of checking in on your self-care** engagement resulting in:
 - increased awareness of alignment between your character and your professional identity
 - shedding a projected image of strength (hero/activist identity), and becoming openly vulnerable with your significant others and change team members;
 - recognizing harsh self-criticism, and being kinder to yourself and others;
 - greater clarity about personal urgencies and collaborative intent versus imposed (e.g. by funders) deliverables.
2. **Strategies for resilience and maintaining equilibrium** allowing you to:
 - respond to difficult situations from a more level-headed and creative perspective;
 - remain "a blank slate" to prevent personal or professional burnout (PTSD in extreme cases);
 - recognize and capitalize on others' capacities for change-making rather than assume you are the only one who could do certain tasks.
3. **Releasing fear of failure** leading to:
 - reframing success indicators to better serve long-term goals;
 - sense of relief as you move away from guilt, self-punishment to finding more courage and momentum despite the possibility of failure.
4. **Professionalizing uncertainty, empathy, compassion, and gratitude** to foster:
 - shift leadership perspective toward building trust, engaging diversity, and empowering people to do things from their own place of wisdom and expertise,
 - weaving resilience into organizations by showing care and making personal connections beyond strictly work-level interaction;
 - human flourishing (achieving the best version of ourselves within the context of a healthy society) aligned with environmental regeneration and reconnecting to nature.

The best practices will include: change-makers' journaling and creative expression, embodied resilience training (breathing, asanas, anxiety scans), empathy check-ins, gratitude and mindfulness techniques. The facilitators are: **Markus Raivio, Adam Jagiello-Rusilowski and Misha Czerniak.**



You will benefit further from watching and reading:

Ashoka fellows' insights on dealing with adversity and complexity:

<https://www.youtube.com/watch?v=i2vuyA-kSaY&t=277s>

<https://www.youtube.com/watch?v=83HOM-zP7ml&t=17s>

Evidence-based recommendations for inner work for change-makers:

<https://ssir.org/centered-self-the-connection-between-inner-wellbeing-and-social-change>

<https://fellowship-europe.ashoka.org/story/wellbeing-toolkit-new#1.%20Check-in>

