

Center for Women, Faith & Leadership 2019 Fellowship Program

*Leadership Advancement through Self-care,
Spiritual-Identity Resiliency, and Practical Skill-building*

There are more people in our world today experiencing the trauma of persecution and displacement, than at any other time in human history. Women-of-faith helping professionals are all too often leading our societies toward peace and security, advocating for these populations; and yet, the risk of this work is great. Constant exposure to war zones, traumatic stories, and adverse environmental conditions has statistically left women-of-faith leaders burnt out, experiencing compassion fatigue, or worse—retreat from their previous work as helping professionals and peace-builders.

How do we not only support women’s empowerment, but also their wellbeing in leadership? How can we come alongside these women-of-faith leaders, in order to not only advance their leadership but also reinforce their self-care and prevent burn out?

Utilizing the “Mother Teresa Method,” the Center for Women, Faith & Leadership (CWFL) will host the 2019 Fellowship Program. The year-long program will build the sustainable leadership, spiritual-identity resiliency, and self-care practices of 10 women-of-faith, who are working for the peace and security of the world’s persecuted & displaced populations.

Building off of the proven model of the 2015-18 Fellowship Programs, CWFL will structure the 2019 Fellowship around the flow of (1) Prayer (2) Self-care & Nourishment (3) Working for Peace & Service to Others (4) Physical Rest (5) Mindful Meditation and Gratitude, and (6) the Practice of Daily Ceasing. This approach reflects the leadership practice of Mother Teresa, who worked within the slums of Calcutta. In her work, not only did Mother Teresa model this rule of life for the women-of-faith in her midst, but she also urged these women to take a year-long sabbatical for self-care, every 5 years. This practice of rhythm and rest will be reflected within the 2019 CWFL Fellowship Program.

Never has a program served to not only advance the leadership of women-of-faith, but also to provide a holistic & practical approach to uphold their leadership in the midst of an incredibly turbulent world. In this way, CWFL is ensuring that the leadership of women-of-faith doesn’t just survive, but thrives!



2019 CWFL Fellowship Program Content

Programming Modules:

A. Developing Awareness of our Rhythm-of-Life as Women-of-Faith Leaders

- Conversations with God (Prayer)
- Self-care & Nourishment (Opening the day with emotional, physical, and mental care)
- Working for Peace & Service to Others (Being a voice for the voiceless)
- Physical Rest (Finding the freedom of containment, and boundaries for renewal)
- Mindful Meditation & Gratitude (Practicing the power of presence and abundance)
- Daily Ceasing (Cultivating joy in the endpoint)

B. Spiritual Identity for Resilience in the Midst of Conflict

- Personal story – Who am I?
- The Faith-Inspired Leader (My faith; My Leadership) – What faith values support my identity?
- Leadership Development Plan – Where am I going as a woman-of-faith leader?

C. Holistic Self-Care (Burn-out and Compassion Fatigue Prevention)

- Psycho-education on compassion fatigue & burn-out
- Self-compassion – Why is it critical to sustainability?
- Components of Self-care
 - Breath-work
 - Mindfulness
 - Prayer & Meditation (including journaling and art expression)
 - Yoga & Progressive Muscle Relaxation – mind/body connection
 - Nutrition
 - Support & Mentorship
- Empowering others to care for themselves (Participants compose an educational booklet detailing self-care practices that resonate with women leaders from their own cultural and religious background. Booklets will be introduced and distributed at a local seminar, lead by CWFL Fellows)

D. Leadership Development through Skill-building

- Leadership advocacy for the marginalized
- Overcoming personal and professional barriers to leadership
- Negotiation for self and others as a conversation
- Public speaking, with a focus on ethically sharing your and others' stories
- Marketing to build a network of community support

***Additional leadership modules are provided through an 800+ page self-lead toolkit, which participants can utilize according to their unique individual leadership development needs.*

2019 CWFL Fellowship Program Content

Programming Schedule:

- Two In-person Workshop Retreats in Lexington, VA - March 10-17th, 2019 & November 10-17, 2019
- Monthly Online Leadership Development Webinars via Adobe Connect Platform - Second Tuesday of each month
- Monthly Personalized One-on-One Programming Support Calls with CWFL Program Director - Second Thursday or Friday of each month
- Monthly Leadership Wellness Coaching with CWFL Advisory Council Mentors - Regular meeting day and time determined by Fellow and Mentor.
- Fellows' Leadership of a Capstone Self-care Seminar and Handbook - geared toward women in the Fellows' local communities.



CWFL Fellowship Alumna



Interested in Becoming a CWFL Fellow? Contact Us!

Ms. Kristen Lundquist
Program Director, Center for Women, Faith & Leadership (CWFL) at IGE
klundquist@globalengage.org
+1 202-957-7108
www.CenterForWomenFaithAndLeadership.org