

Ashoka Europe Fellowship Program

The **co-learning** and **co-creation** community of Europe's leading changemakers.

APPLY NOW!

Deadline to apply is October 22nd

Wellbeing Lab

WHAT IS THE COURSE OFFER?

The Wellbeing Lab is a bi-weekly online learning and unlearning journey for social change leaders to re-connect with themselves and with what they need to be well and resilient as leaders. It is a series of practice and topical reflection sessions on the relationship between wellbeing and leadership for social change. We will connect in a safe space and come together as a learning and support community of peers.

WHAT WILL YOU LEARN?

The Wellbeing Lab is best experienced as a journey to **deepen your prioritization and commitment for wellbeing, healing and inner work with a community of peers**. This is when it has most impact. Each session will be co-facilitated with a wellness expert in the field or an Ashoka Fellow with personal and field experience in wellbeing to help us deepen our wellbeing & leadership journeys together.

MODULE TIMELINE

Bi-weekly sessions on Friday, 2-4 pm CET starting October 2021:

29/10 Session 1: Launch: Wellbeing for Leadership

12/11 Session 2: Stress, anxiety and resilience: Building wellbeing during times of hardship

22/11 Session 3: Self-care as Self-Preservation and Political Warfare

10/12 Session 4: It all starts with awareness

21/01 Session 5: Social Injustice and Wellbeing

4/02 Session 6: Mindsets & Storytelling: Changing our stories of self and others for personal transformation

18/02 Session 7: Healing Histories – Healing Collective Trauma

4/03 Session 8: Changemakers and Money – How we think about money, determines our financial reality

18/03 Session 9: Wellbeing: Relationship matters

1/04 Session 10: Creativity to the rescue: How it can boost your wellbeing

WHO SHOULD JOIN?

Ashoka Fellows, Ashoka Fellow team members, Ashoka Young Changemakers, Ashoka Staff

APPLY BEFORE OCTOBER 22nd!

<https://fellowship-europe.ashoka.org/story/wellbeing>

Co-created by



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Fellowship Program

&



Learning & Development