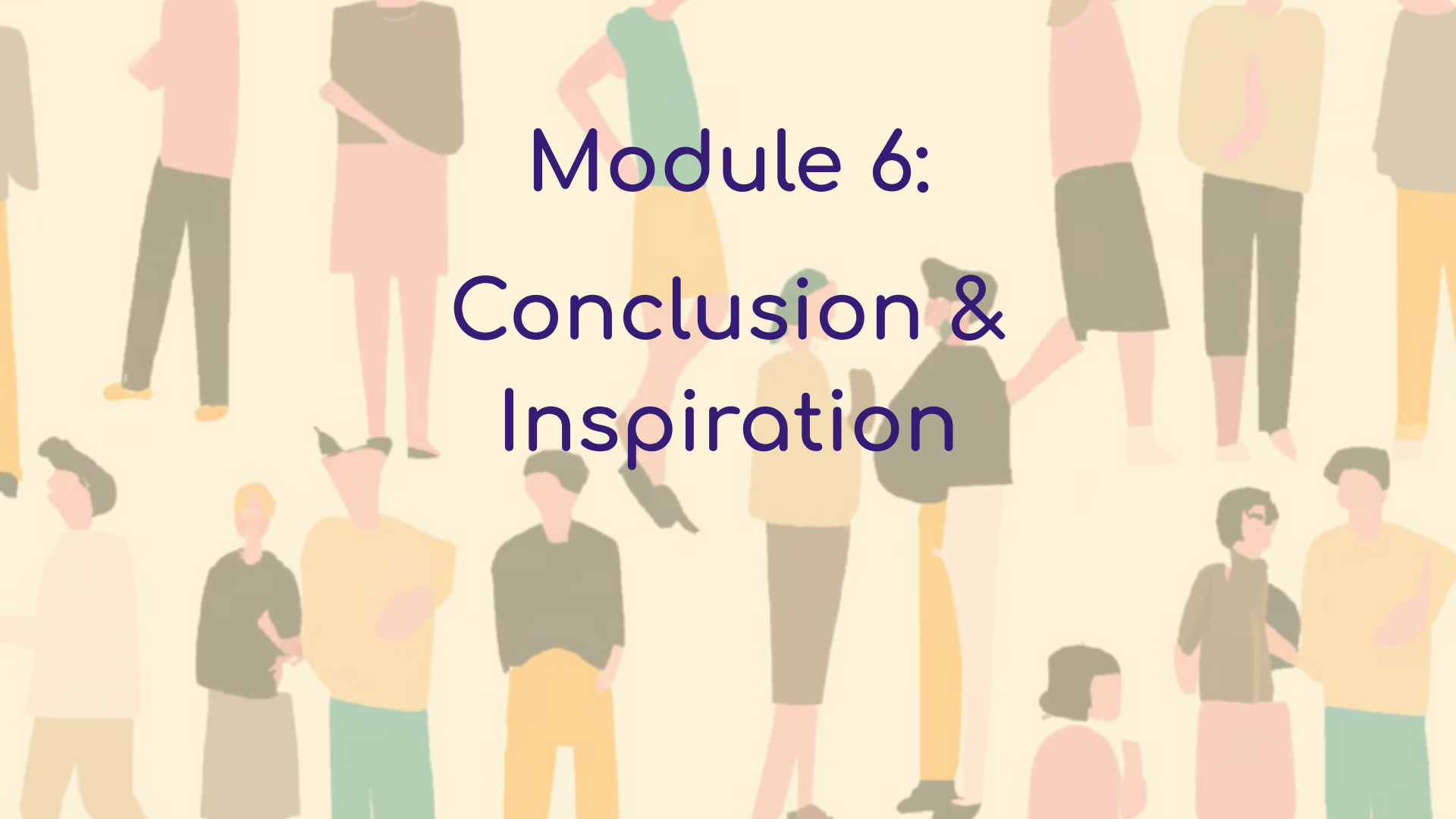


The background of the slide features a collection of stylized, flat-colored human figures. These figures are depicted in various poses, some standing, some walking, and some interacting. They are rendered in a minimalist style with no facial features, using a palette of muted colors including pinks, greens, yellows, and greys. The figures are scattered across the entire frame, creating a sense of a diverse crowd.

Module 6: Conclusion & Inspiration

Do you feel ready?

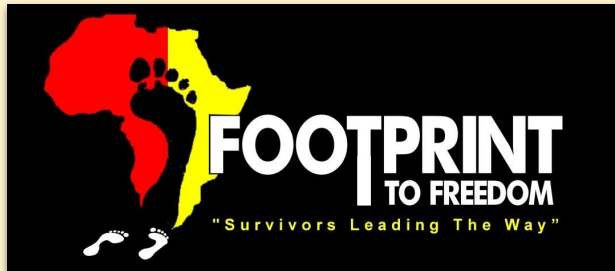
If you feel that you are not quite ready yet to open the door to survivor action but might want to try it in the future, that's OK. Here is some advice that helped us:

1. Give yourself time to think about what you truly want to do.
2. Think about the fears you might have starting this work and if these fears will stay or become less over time.
3. Think about how starting the survivor work could affect your life, positively and negatively.
4. Weigh your possible pros and cons against each other and try to think about which way convinces you the most.
5. Don't pressure yourself. Survivor engagement is important work, but to help others you must first help yourself.

Sometimes it is a process to start this work and it takes time.

Often it's a process to find out what feels good to do. Give this process space.

Thank you to the survivors and survivor organisations who helped create this training.



Thank you to the OAK Foundation and Sophie Stenbeck Family Foundation for making this training possible.



A stylized illustration of a diverse group of people in various poses and colors, serving as a background for the text.

Thank you for doing this
training! Well done. :)

Please consider sharing it with
anyone else it could help.