



**Training As Action Series**  
2024–2025

## Module 7: *Big Actions, Big Feelings: Practical Empathy in Human Rights*

**Monday, March 10 at 7 pm ET**

### SUMMARY

In human rights work, it is a challenge to navigate the difficult and complex emotions one experiences as a professional while maintaining one's humanity and empathy. In this module, participants will better understand methods to avoid becoming burnt out or emotionally drained in their human rights work by exploring different wellness strategies and opportunities for community support.

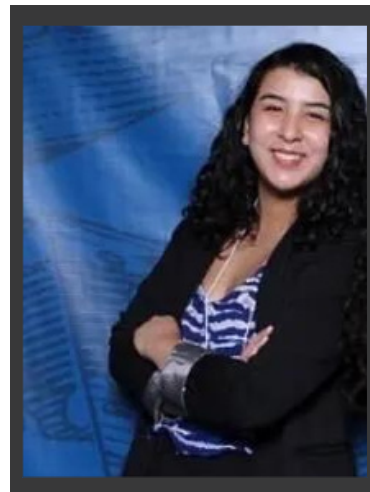
### OBJECTIVES

- Discuss the relationship between human rights work, empathy, and professionalism
- Learn about and explore grounding exercises and mindfulness in human rights work
- Identify support networks, gaps in support, and ways to mitigate or fill those gaps
- Explore how to integrate mental wellness strategies, gratitude, and joy when engaged in human rights work

**[Register for module 7 here  
bit.ly/24-25-taas-m7](https://bit.ly/24-25-taas-m7)**



### Session Facilitators



*Emma Tolliver*



*Francine Ortega*

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