

## RTL Self-Care and Mental Health

### September- October 2022

#### CONTEXT AND PURPOSE

Our lives are affected by emergencies and it is imperative to have more support and action. Such situations (for example, the COVID pandemic, droughts, floods, etc.) demand that we not only respond to the crisis, but also foster **resilience and wellbeing using the Conscious Full-Spectrum Response (CFSR) model**. Alongside therapeutic interventions, self-care is a continuous process of empowerment and healing. The foundational premise of this work is that **all people are capable of anchoring themselves in their innate universal values of fairness, dignity and compassion**; and they have the capacity to **be in action**, whether the person is ill or well, or is in the process of recovery. Everyone is a ‘leader’ – a person who takes action at home, at work and in society to create new futures. Thus, we can foster responsibility, safety, humanity and wellbeing for all.

This workshop is based on cutting edge neuroscience, psychology and uses the Radical Transformational Leadership tools and templates, including the CFSR Model to create **game changing responses** and **realise the full potential** of the participants of the program.

#### OBJECTIVES

The objectives of the RTL self-care workshop are to

- learn, deepen and co-create responsive engagement with citizens and people who serve, by sourcing their own and others universal values
- Along with therapeutic interventions wherever required learning to empower oneself and heal
- recognise and shift diminishing cultural norms into life enhancing practices
- design structures for care and inclusion that promote well-being now, and beyond the pandemic.
- anchor themselves in their universal values and befriend stress to build resilience.

Through this workshop, the participants will **recognise and understand their experiences of stress**, know how the **brain works**; befriend and **deal with everyday stress**; learn how to **recognise life diminishing social and cultural norms, identify triggers** that are nested in disempowering cultural norms and **explore ways of dealing** with them. When an individual is able to **recognise triggers from life diminishing practices at home/family, workplace and society** and source their universal values, the person is able to shift unworkable cultural norms and systems to function effectively in their everyday life. In this process, the participants are better able to unfold self **for responsive action** to deal with situations that lead to stress and care for themselves. While caring for self, we undertake actions that create practices and opportunities to care for others and the planet. The CFSR model fosters the alignment between what I care about in this world/the purpose of my existence, ways to shift what is not working in my family, workplace and community and take responsible actions that are sustainable and equitable.

## WHO CAN PARTICIPATE?

The learning in action program is designed to enhance self-care for all citizens and practitioners in any sector, namely development, education, health and corporate. Teachers and students of schools and higher education institutions, volunteers, employers and workplace managers, disaster frontline workers, counsellors and related professionals, families and caregivers, community leaders, volunteers and members and stakeholders such as police, judiciary, government and policy makers will benefit from this program. They will be able to identify their experiences related to stressful situations and develop a relationship with stress that transcends distress and fosters resilience.

## FORMAT OF THE WORKSHOP

The workshop is offered over 23 sessions, beginning **2<sup>nd</sup> September 2022 to 22nd October 2022**, thrice a week on **Tuesday or Wednesday, Friday and Saturday**. Each session will last for 2.30 hours from **7.00 - 9.30 am IST**. Participation in all sessions is mandatory.

### Check your local time below

[Dateful Time Zone Converter](#)

DAY	Tuesday	Wednesday	Friday	Saturday
MONTH				
Sept Week 1	-	-	2 Sep	3 Sep
Sept Week 2	-	7 Sep	9 Sep	10 Sep
Sept Week 3	13 Sep	14 Sep	16 Sep	17 Sep
Sept Week 4	20 Sep	21 Sep	-	-
Sept Week 5	27 Sep	-	30 Sep	1 Oct
Oct Week 1	-	5 Oct	7 Oct	8 Oct
Oct Week 2	-	12 Oct	14 Oct	15 Oct
Oct Week 3	-	19 Oct	21 Oct	22 Oct

## WORKSHOP FEE

The total fee for the workshop is **Rs. 14750** (inclusive of GST) for the 50-hour workshop.

## TO APPLY

Fill in the [Form](#) and send it to [team@rtlworks.com](mailto:team@rtlworks.com)

While registering for the workshop, all participants are requested to sign the letter of integrity.

- This is not a sponsored program, we have not procured grants for the workshop, and we are exploring for scholarships.

- You may sponsor candidates or contribute to scholarships.
- The facilitators are working pro bono. Workshop fees will be used for community activities and learning.

Please feel free to contact us for any assistance at

[team@rtlworks.com](mailto:team@rtlworks.com)

**Glasika Verma: + 91 6260337629**

**Team RTL on Signal/WhatsApp: +91 9869219901**

## IMPORTANT DATES TO REMEMBER

- 19<sup>th</sup> August 2022: Last day to register
- 25<sup>th</sup> August 2022: Last date for payment for workshop fee

**HOST: Sudarshan Rodriguez, CEO RTL-Works**

**Assistant Coordinator: Glasika Verma**

## WORKSHOP FACILITATORS



**Srilatha Juvva** is a social work educator and Professor with the Tata Institute of Social Sciences in Mumbai. She is a practitioner coach, trained in Dr. Monica Sharma's Radical Transformational Leadership and applies this to transform higher education and service delivery in the sectors of mental health and disability. She uses these tools and templates also to transform disempowering narratives of mental health and disability through fostering dignity, full potential and ethical leadership in people.

**Gayathri KR** is a child and adolescent mental health and social work professional, with over 14 years work experience. She has been trained and involved in offering trauma informed therapeutic interventions with children in schools, family court, clinics and communities. Currently she is pursuing her doctoral degree in Social Work. As RTL practitioner coach, she applies RTL tools and templates to her work in child and adolescent mental health interventions. She is committed to co-creating nurturing and resilient communities.



**Dr. Monica Sharma (course advisor)** trained as a physician and epidemiologist, worked for the United Nations since 1988 for 22 years. Currently, she engages worldwide as an International Expert and Practitioner on Leadership Development for sustainable and equitable change. She works with United Nations, Universities, Management Institutions, governments, business, media and civil society organisations. She is the author of the award-winning book "Radical Transformational Leadership: Strategic Action for Change Agents". She created a unique response based on extensive application –a conscious full-spectrum model- that generated equitable and sustainable results related to several Sustainable Development Goals, worldwide. As a practitioner, her proven track record of generating measurable results at scale, expertise related to achieving sustainable development goals as well as enhancing leadership on every continent, are unique.

## GLOBAL RTL MENTAL HEALTH GROUP

The Self-care and Mental Health Course is an activity of the Global RTL Mental Health group. The members are:

**Srilatha Juvva (Coordinator)** is social work educator and RTL Practitioner Coach

**Bridget Horkan** Co-founder and manager of Thamarai Educational Projects, Auroville and RTL Practitioner Coach

**Chitra Lakshman** is the Honorary Director, Vidya Vardhini Foundation Trust, Mumbai and RTL Practitioner Coach

**Gayathri KR** is a child and adolescent mental health social worker and RTL Practitioner Coach.

**Glasika Verma** is a social work counsellor, Assistant coordinator of RTLWorks and RTL Practitioner Coach

**Monica Sharma** is an international expert and practitioner of leadership for equitable change and author of “Radical Transformational Leadership: Strategic Action for Change Agents”

**Olfat Allam** is an international psychology consultant and gender; leadership development expert and RTL Practitioner Coach

**Satjot Gill** is a psychologist working in the field of mental health and wellbeing, animal rights activist and RTL Practitioner Coach

**Therese Adams** is the Executive Director of the National Alliance on Mental Illness (NAMI) affiliate in Santa Cruz, California, RTL practitioner coach and Global Coordinator –RTLArts