

FREE SELF-CARE WEBINAR FOR AFFECTED AID WORKERS

We are former/current aid workers and certified coaches dedicated to supporting the well-being of international development and humanitarian professionals. **Motivated by the recent dismantling of the US aid sector, we are offering our community a free self-care hour with tools to manage acute stress, anger and fear** during a time of overwhelm, career upheaval, and impact on mental & physical health. (Affected non-aid workers also welcome)

Register [here](#) (capped; RSVP early to secure spot)

Date: Friday Feb 21, 2025

Time: 11am-12pm EST

In addition to a deserved hour of calm reprieve, you will

- identify your stress responses
- up- or down-regulate your nervous system
- prepare to face high pressure situations or decisions
- feel more resilience for the coming days/weeks

If you want support sooner/1-on-1, please contact us at hello@thesupportcompass.com.

The Support Compass was created by aid workers with experience in over 25 countries working for the UN, World Bank, USAID, and various INGOs. Founded by [Catherine Lee](#) and [Tania Shybko](#), we are certified coaches trained in somatic, cognitive, and behavioral tools, and specifically focused on the unique wellbeing challenges faced by international development and humanitarian workers.