

Day Two

– Contextual Analysis, Developing Strategies, Staying Wafe and Well

Sessions:

Session 5:

Contextual Analysis: A Framework for Understanding Challenges

Session 6:

Developing Sustainable Strategies and Tactics/
Understanding Strategies

Session 7:

Integrated Wellness – Strategies

Aims:

Day Two should open with a strong exercise to ground and connect participants – this will set the tone for the day. Part Three: Facilitator's Toolkit contains examples of good exercises. For most workshops, we have used a version of the 'Speaking the Unspoken' exercise, which is particularly good for deepening connections and addressing any difficult group dynamics. Other options range from exercises to explore particularly important themes, such as coping with extreme violence, to simply an open discussion of reactions to the events of the previous day.

For the Facilitators, Day Two is Critical for:

- deepening connections between participants;
- pulling together the stories, challenges, threats and strategies discussed on Day One, and presenting them in a structured format;
- introducing different strategies, and key 'elements' of strategy development; and
- clarifying the connections between 'wellness' and 'safety'.

During the evening of the second day, facilitators should prepare a summary reflection and a framework for the development of recommendations on Day Three.

For the Participants, Day Two is a time to:

- turn attention to developing strategies after a period of rest and reflection;
- assess the physical and psychological effects of their work; and
- recognise their own resilience, and to understand that it is possible to continue their work safely.

The evening of the second day may offer a good opportunity to relax and enjoy each other's company. Good music and good food are key ingredients.

