



# Compassion & Resilience Leadership Program 2024

Conducted in Partnership with



FOUNDATION FOR HOLISTIC FLOURISHING



**The Red Door** in partnership with the **Foundation for Holistic Flourishing** is proud to announce the **third year** of the Compassion and Resilience Leadership Program.

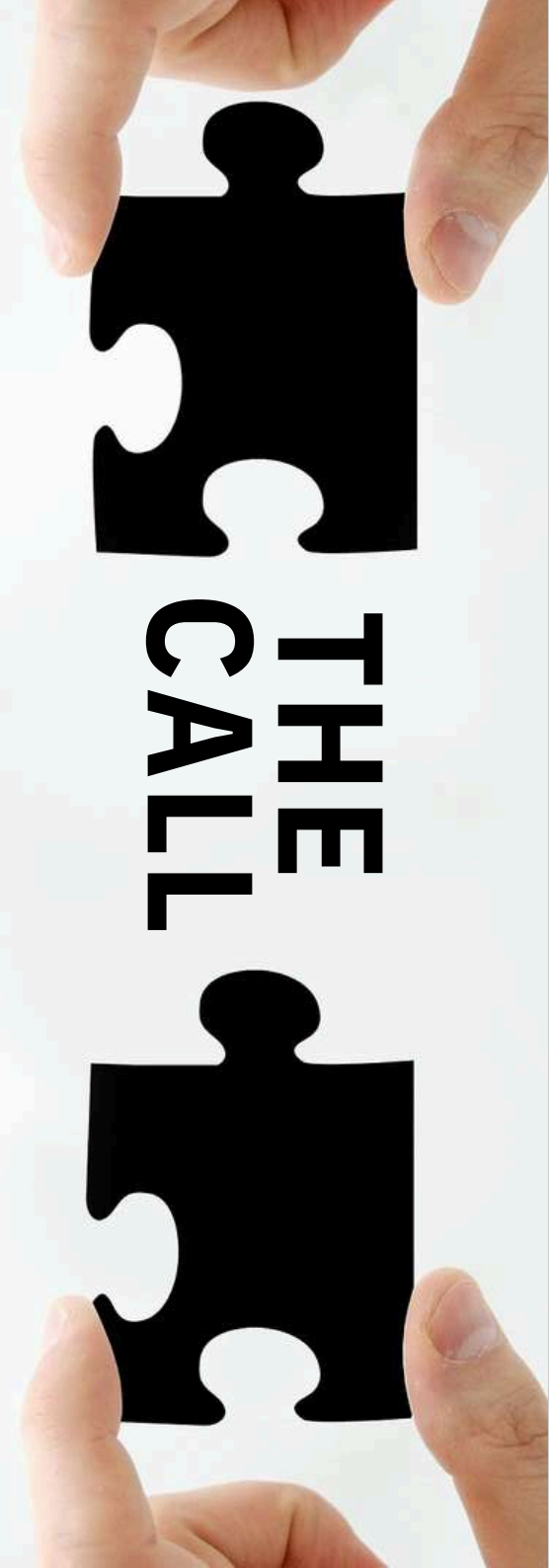
Designed as a **virtual program** consisting of 50 hours of intensive workshops across three months followed by a project phase, the Compassion and Resilience Leadership Program will help you build core **psycho-social** skills to **enhance** your **capacity to thrive** in an increasingly challenging world, while **strengthening** your **potential to lead** the charge in building **resilient communities**.

## We are looking for those who

- are working in or studying to be in the Social Impact sector, Education, HR, Healthcare & Social Work;
- recognize that strengthening their capacity to deal with difficult emotions and manage stress is critical in an increasingly challenging world; and
- are keen on building restorative community spaces that are inclusive, empathetic and non-judgmental.

We welcome mental health service providers with a demonstrable interest in community work, and a belief in prioritising distress over disorder.

We also encourage people with serious mental health diagnoses to apply, especially if they are looking to understand themselves in non-pathologising ways.





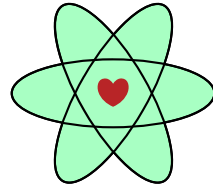
A top-down view of several people's hands reaching towards the center, forming a circle. The hands are positioned around the text, with fingers pointing towards the center. The background is a bright, light blue/white gradient.

6 months

# PROGRAM DESIGN

Our program emerges from, and builds on TRD's decade-long work in the mental health and education space, drawing from the best of

**Resilience  
Science**



**Existential  
Positive  
Psychology**

**Neuroscience**



**Peer  
Support**



The Program will equip 25 committed individuals with the competencies to become Compassionate and Resilient Leaders capable of shaping Resilient communities.

Fellows will receive a **certificate of completion** at the end of the program, and get access to an exclusive pan-India alumni network.

The Program will be conducted over **6 months**  
where our Mentors will help you



**Cultivate core psycho-social strengths - Emotional Regulation, Stress Management, Self-efficacy, Cognitive Flexibility & the Growth Mindset**



**Learn the principles of Peer Support, as you actively contribute to creating an empathetic, non-judgemental community of Program Peers - your Tribe for life!**



**Acquire a transcendent view of the human condition with a deep dive into the Art of Suffering, Gratitude and Purposeful Living**

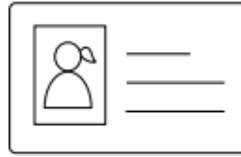
While the Program prioritizes the nurturing of individual resilience, it is equally committed to creating a Resilience-affirming ecosystem that enables empathetic connections and peer support, allowing individuals to consolidate their resilience skills while helping others build theirs.

As part of this vision, the program includes a Project Stage where participants must conduct/host Resilience building sessions within the organizations/communities they work with.

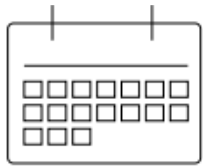
# ELIGIBILITY



The program will be entirely online. So a Wi-Fi/data connection is compulsory



Must be a Resident of India



Must be at least 21 years of age



Must have a working knowledge of English

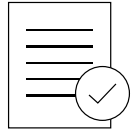
The Compassion & Resilience Leadership Program is designed to help Fellows challenge many self-limiting beliefs about themselves and the world. This can sometimes be difficult, as it requires the ability to introspect, be open and honest.

We encourage you to apply only if you think you are up for the challenge.

**If you have struggled or continue to struggle with mental health difficulties, please read about The Red Door's approach to Mental Health on page 9 of this brochure before applying.**







# SELECTION

To apply for the Program, please [click here](#)

Last date for applying: **June 20th, 2024**

Program starts: **16th July, 2024**

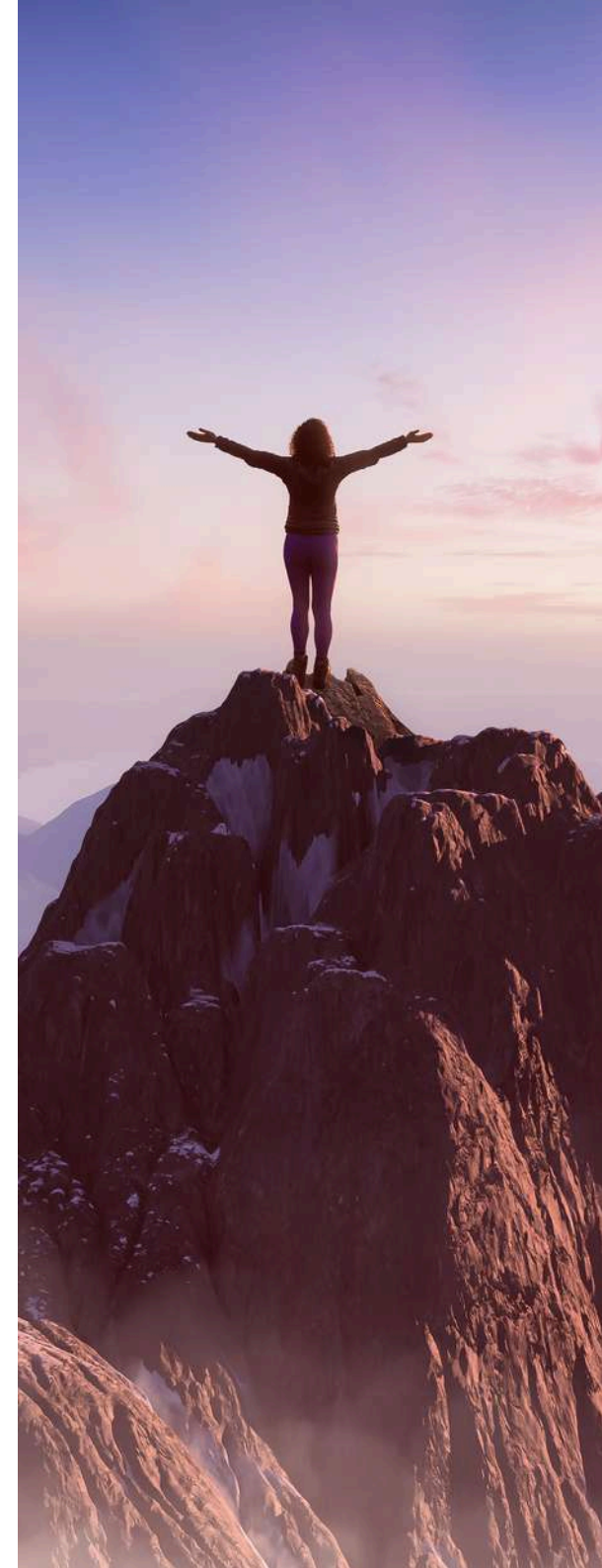
Mentorship Sessions: **18th July to 10th October 2024**  
**from 7 PM to 9 PM, on Tuesdays and Thursdays**

Project Phase: **October to December 2024**



Shortlisted candidates will be invited by email  
for the **interview**

*Selected candidates will have to deposit a security fee  
of INR 5000 which will be refunded to them only after  
completion of the Program*





# ABOUT



<https://www.thereddoor.co.in/>

We are a decade-old mental health initiative powered by people who were once given debilitating psychiatric diagnoses, but who have gone on to build functional, meaningful lives for themselves. The wisdom and hope inherent in their journeys, and that of many others across the world who have had similar recoveries, inspire and inform our perspective on mental health.

We strongly advocate for the decolonization of our understanding of mental health. We believe that healing can happen through myriad ways, and individuals in distress have a right to be informed of them, so that they may choose how to craft their recovery journeys. Our allies include academics, recovery specialists, disability activists, LGBTQ organisations and mental health professionals - especially those who question the pathologizing paradigms in mental health.

We take a psycho-social lens to mental health, acknowledging marginalization and systemic oppression as potent forces of distress. We are informed by the user-survivor movement, Mad Studies, Critical Psychiatry perspectives and the WHO/ UNCRPD understanding of psycho-social disability, which has moved beyond the bio-medical model. We have also learnt a great deal from Existential and Eastern philosophies, which deal with essential questions about the human condition.

**We are Resilience-informed and have been working extensively with a pan-Indian demographic on promotive/preventive interventions that strengthen core psycho-social skills and resources within individuals and communities.**

**Our intervention programs take from some of the most cutting-edge research in Mental Health, Neuroscience and Resilience Science while incorporating powerful perspectives on healing from the Global South.**

# ABOUT



FOUNDATION FOR HOLISTIC FLOURISHING

The Foundation for Holistic Flourishing (FHF) is a non-profit that believes that conversations and work around sustainability, livelihoods, environment, social inequities, diversity and well-being are essential to help realise the potential inherent in each human being. It is our firm belief that given the right circumstances, we can help each other reach a state of optimum living or flourishing.

The core objectives of FHF are to work on mental health, gender and sexuality, biodiversity, climate change, disability and livelihoods with a community-based approach.

FHF will build on the work done by its decade old sister organisation, The Red Door, which has brought important conversations on mental health to the fore in India. It will move further from the pathologising conversations on mental health to work, instead, on understanding why and how people can flourish despite – and because of – adversities.

FHF learns from the evidence-based advances made in the social sciences, neuroscience, philosophical positions on human flourishing through time, and the spiritual sciences.

