



June 2023—Issue No. 17

Association Newsletter

Empowering Members To Empower Us All

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Celebrating **PRIDE MONTH**

June is Pride Month, and besides every company in the world suddenly discovering a latent love of rainbows (or so it seems), the occasion can serve as a yearly reminder for any activist, educator, or changemaker: Take stock. Reflect. Consider what you have learned, how you have become a better ally or advocate, and where there is room for growth.

Here at the Association of ESD Professionals, we are constantly seeking to grow and improve, too, and we welcome your constructive feedback. Would you like more resources on LGBTQIA+ topics? Or more diverse voices? Better yet, would you like to BE one of those voices? Please do not hesitate to reach out with your ideas or proposals for co-creation.

We have said it before, and we will say it again: Empowerment Self-Defense must be intersectional, or it is neither empowering nor feminist. So this month, we look forward to celebrating all the ways our members and other ESD professionals support LGBTQIA+ participants, advocate against violence and discrimination, and live their own truth with pride.

Is there an ESD practitioner or project you would like to bring to the world's attention? Send a message to hello@esdprofessionals.org to let us know!

A NOTE FROM OUR EXECUTIVE DIRECTOR, SAMANTHA WATERMAN

Hello Association Members and ESD community!

I'd like to tell you a little bit about the conference we are planning for April 2024. I am so excited about it! It will be our first annual conference, and I think it will add something new to the world of ESD events. Our goal is to help unify the dedicated people of empowerment self-defense, foster belonging and growth, and be supportive, helpful, and fun.

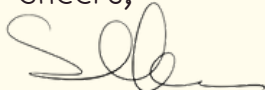
The Association team is hard at work planning an event sure to engage even the most skeptical ESD professional. Although this is not a training event, we are including some opportunities to get on the mat! We will have keynote speakers (stay tuned for details...) and panel discussions on critical empowerment self-defense topics. We will also be offering some practical workshops for individuals and organizations running ESD practices. The common areas will offer attendees the chance to share their violence-prevention work and stories, maybe launch new collaborations and projects, and reconnect with old friends and make new ones. As we develop the conference, our focus is on creating spaces where we can all enjoy ourselves in community.

We will be adding entertainment, a documentary film, and a tree planting to the program. What's more, we will also be offering assistance with travel packages for those who wish to extend their trip after the conference an extra day or two or three or ... to explore beautiful Costa Rica. We will provide more information about the agenda, speakers, and all of this in the months to come, and there will be a few surprises that we'll unveil as the conference gets closer. All activities are designed to give us meaningful time to deepen connections. For virtual attendees, we will, of course, make recordings of all sessions available online, but we are also working on ways to better involve those attending from home.

Please check out our [website](#) over the coming months and follow us on social media, as we'll be posting updates. This will be a dynamic event that will bring together the incredible individuals of empowerment self-defense, amplify our voices, and hopefully broaden the reach of ESD.

Please consider joining us in Costa Rica next April!

Cheers,



ASSOCIATION NEWS



FIRST ANNUAL CONFERENCE 2024
GROWING ESD, THRIVING TOGETHER

Join us in April 2024!

WHO: Association of ESD Professionals
WHAT: First Annual Conference
WHERE: San José, Costa Rica
WHEN: April 19-20 (w/Member Meeting & Reception April 18 @5pm)

Registration for the Association's First Annual Conference in Costa Rica is now OPEN!

Sign up soon for Super Early Bird Pricing!

The Annual Conference will be held April 19–20, 2024 in Costa Rica. And for Association members, we are hosting the Annual Meeting and Reception the evening before, on April 18.

Please join us for two days of connection and community building. Together we will:

- Share experiences and learn from peers.
- Hear dynamic keynote speakers and panels.
- Grow together with member-led skill shares.
- Enjoy unique cultural and culinary experiences.
- Have fun with ESD professionals from all over the world!

You will have the opportunity to showcase your work, connect with friends new and old, and dive deep into ESD, all in beautiful Costa Rica.

Register here.

ASSOCIATION NEWS

Credentialing in 2023

We think your incredible work in ESD deserves recognition and celebration, don't you?

The Association Credentialing Exam will be offered twice more this year. Applications for both Exam Periods are now open!

- Exam Period 2: August 15-22, 2023
- Exam Period 3: October 17-24, 2023

Visit the [Credentialing Page of our website](#) to learn more and apply!



ESD Feature, Violence Prevention 5/14/23

Empowered Living in Kazakhstan

The Development of ESD in Central Asia

[Read More](#)

Empowered Living in Kazakhstan

Read our latest blog!

"I've always searched for the core reasons behind the social and economic issues facing women and youth."

—Dinara Zhaxynbek

This month's blog is a fascinating account of the development of ESD in Central Asia, written by one of the superwomen deeply involved in the process.

Have something to share? Feel free to reach out to [Toby](#) with a pitch!

ASSOCIATION NEWS

Our Career Center is Live!

Find Mission-Aligned Work & Workers

Are you looking for work (or new employees) aligned with your mission? We invite you to utilize the **Association's Career Center** as you seek your next job or hire. We know that empathy and ethics are key deciding factors for many ESD professionals, so we have sought to create a values-oriented career center where you can connect with your future employer or employee.

Check it out [here](#).



How to Find & Fine-Tune Your Voice

Our Latest How-To Guide is Available!

We know—both through personal experience and academic studies—that effective use of the voice can prevent, interrupt, or deescalate many cases of interpersonal violence.

But have you ever thought about finding your voice when it comes to developing your ESD project? How about finding your unique voice as an ESD instructor? Your voice is the medium that conveys your message to the people who need to receive it.

Visit our [resources page](#) to download our latest How-To Guide.

ASSOCIATION NEWS

ESD Pro Tip of the Week

Find a mentor!

Mentorship is crucial when you're starting something new, especially in ESD.



www.ESDProfessionals.org



ESD Pro Tips of the Month

- Find a mentor! Mentorship is crucial when you're starting something new, especially in ESD.
- Reach out to the women you in your community who inspire you.
- Practice an engaging elevator pitch.

[Follow the Association on Instagram](#) for more tools, and strategies to build your ESD practice with ease!

Office Hours

Thursday June 29th, 12pm EDT | Online

Join our monthly conversations to get advice about your ESD work and participate in lively discussions.

This is an opportunity to dive into issues you are facing in your practices, share, forge new connections, and ask questions. Register [here](#).

Please reach out to [Modupe Poku](#) with any questions or suggestions.



OFFICE HOURS

LAST THURSDAY OF THE MONTH



This event is for everyone in the ESD community making critical decisions and facing business or management challenges with their ESD practice.

Guest experts will engage participants in conversation, answer questions, impart advice, and share their experiences.

If you have questions about starting or operating an ESD practice or have wisdom to impart to colleagues, please join us!



ASSOCIATION OF ESD PROFESSIONALS
GROWING EMPOWERMENT SELF-DEFENSE

ESD WORLDWIDE

If we could wave our magic wand and be in all places at once, we would be training with all of you, everywhere, all the time! The next best thing is sharing these events, celebrations, and opportunities with the ESD community. Think something or someone should be included in next month's newsletter? Reach out at hello@esdprofessionals.org.



Learn more [here](#).

Health & Justice Virtual Conference

July 12, 2023 | Online

This may be of interest to some of you working with children or trauma-informed practice! "Supporting Sexual Assault Survivors: Trauma-Informed Care and Neurodiversity in Childhood" is a virtual conference focused on various trauma-informed interventions, care, and safeguarding practices for supporting children who have experienced sexual assault.

AWID 2024 Forum

December 2-4, 2024 | Bangkok, Thailand

Date and location have been announced for the AWID Forum, a transformative space created by and for the feminist and gender justice movements. Global South feminists and historically marginalized communities will take centerstage at this event.

Learn more [here](#)!



ESD WORLDWIDE

A promotional poster for the Synergy NWMAF 2023 Conference. The top half features a photograph of a person in a martial arts stance in a large hall, with other attendees in the background. A white logo, a stylized 'S' with three curved lines, is positioned in the upper right. Below the logo, the text 'SYNERGY NWMAF 2023' is written in large, bold, white letters. Underneath that, 'CONFERENCE' is written in a smaller font, followed by 'JULY 26-29TH' and a calendar icon. A green banner at the bottom left contains the text 'Are you READY?'. A white banner at the bottom right contains the text 'Registration Here!' and the website 'www.NWMAF.org'.

Are you READY?

CONFERENCE
JULY 26-29TH

Want to learn from the best?
Meet Top Martial Artists,
Self-Defense Instructors, & Healing
Arts Practitioners from Across the
United States and beyond!

Registration Here!
www.NWMAF.org

Synergy NWMAF 2023

July 26-29 | Naperville, IL, USA

The yearly multi-style training conference features opportunities to learn from veteran martial artists from across the country and around the world, as well as a professional Empowerment Self-Defense instruction track.

Participants can choose from a variety of classes throughout the four-day event. Each day brings many sessions and several options: “hard style” classes, “soft style” classes, mat arts, self-defense techniques and technology, healing arts, and weapons practice. Expert trainers tailor their teaching for a wide range of students –from beginners to experts.

Attendees come from all over the United States, Canada, and beyond. Join us this summer!

Learn more and get your tickets [here](#).

And, consider donating to the [GoFundMe campaign](#) to support scholarship fund.

ESD WORLDWIDE



Job Opportunity with SVRI

Hiring Knowledge Coordinator!

"The Knowledge Coordinator will support the Administration and Knowledge Manager with tasks related to day to day administration needs, membership management, social media posts, website management, and coordinating the production of online events for SVRI (sexual violence research initiative.)"

Does this sound like you? It would be wonderful to see an ESD professional in this position! More information [here](#).



Real Life Change, Live

ESD in the Philippines

Real life and practical changes in primary violence prevention are happening in the Philippines!

Says ESD Australia head instructor Antonella Spatola, "The Filipinos are so welcoming and generous and I had such a wonderful time connecting with the students and representatives of the ministries. They were humble, genuine and actually want to invest in empowering their people."

WE ARE ESD PROFESSIONALS

Have you seen our ESD professionals [video](#), featuring many of you?!



We are passionate about supporting this movement by uplifting the amazing work you are doing around the world. Curious to know more about how the Association can support you? Reach out to Membership & Operations Lead [Modupe Poku](#) to start a conversation.



LET'S STAY CONNECTED!

Don't be a stranger! The Association of ESD Professionals is here for you.

Have a comment? Please contact us at [Hello@ESDProfessionals.org](mailto>Hello@ESDProfessionals.org) if you would like to share a celebration about your ESD work, learn more about the Association Credentialing Program, become a member, or explore other opportunities for collaboration. We always love to hear from you!

Be sure to stay in touch with us wherever you like to connect virtually, too:

