



October 2022—Issue No. 9

Association Newsletter

Empowering Members To Empower Us All

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Newest Team
Member

Wellness Edition **IS YOUR CUP FULL?**

As most of you know very well, teaching ESD can be emotionally as well as physically exhausting. ESD practitioners are not therapists, and yet, we hold space for the sharing of stories, repatterning of limiting beliefs, deep healing, and supportive community-building. That's a lot to carry!

Do you ever feel totally drained after a busy week or month of teaching? Does it sometimes feel like your heart is going to break from carrying so many stories of violence and abuse?

Have you ever wondered if your passion for ESD is enough to sustain you when your heart feels totally overwhelmed?

Self-care awareness month may be behind us, but taking care of you—your heart, your mind, your body, and your spirit—is a fundamental, lifelong and daily commitment, no matter what month it is. Everyone is different, and your emotional wellness needs will be unique to you. That said, there are a few actions that can probably help most of us:

- Take the occasional day, week, or even sabbatical away from your ESD work to come back fully charged and ready to give.
- Set boundaries in and out of class with your students about what your role is and is not, and how you can and can not support them.
- Take time to do things that make your heart happy—dance, sing, swim, make art, walk in the woods... anything that helps you to reset and connect to your joy.

There's so much more! What do you think? Should we write a blog about this?

As an ESD or violence prevention practitioner, how do you keep your heart soft, your mind level, and your body resilient? Do you have any rituals or daily practices to help you fill your proverbial cup to keep giving your best in the classroom? We would love to know!

Please contact us at hello@esdprofessionals.org if you would like to share your emotional wellness practices, or if you have an event or project you would love to see featured in our next newsletter. We always love to hear from you!

ASSOCIATION NEWS

Credentialing

Sign up for Period Two!

Registration for the Association Credentialing Exam is still OPEN. You can register this month for Period Two of the exam (November 7-13). Learn more and submit your application at our [exam webpage](#).

Registration Is Open!!!

Sign Up for the 2022
Credentialing Exam



September 19-25
or November 7-13

www.esdprofessionals.org/exam



Organizational Membership

Organizational Membership is a great option for ESD practices with at least three team members. Whether you hire employees or contractors, team members receive extra discounts on credentialing, events, individual memberships, and more. Learn more on our [membership web page](#).

ESD AROUND THE WORLD

How inspiring is the ESD community? We are continually impressed and humbled by what you are all achieving. This month, we are thrilled to share ESD-related events and initiatives around the world. Think something or someone should be included in next month's newsletter? Reach out to us at hello@esdprofessionals.org.

Outdoor Defense

Final episode dropped this week!

The Season 3 Finale of Nicole Snell's Outdoor Defense series dropped this week on October 4th. It marks 60 episodes completed in this series (wow!), all of which you can find on YouTube [here](#).

Want more Outdoor Defense tips and inspiration? Be sure to subscribe to Nicole's [YouTube channel!](#)



ESD & Healthcare

Tracie Arlington on October 12th

On October 12th, Tracie Arlington of Play It Safe Self-Defense will be speaking at Concorde Healthcare College. She will share information about domestic violence (DV) and also basic self-defense safety & prevention with a mixed-gender audience.

Topics will include: Signs of domestic abuse and resources for victims of DV. She will also talk about basic safety skills, as well as date and acquaintance attacks.

Keep up with Tracie and Play It Safe on her [website](#) and [Facebook](#).

ESD AROUND THE WORLD

"Now That She's Gone"

Staged Reading | Oct 22, 7pm

Ellen Snortland will be performing a staged reading of her solo show, "Now That She's Gone" on Oct. 22, 7 p.m. PST at All Saints Church in Pasadena.

ASC is a radically inclusive social justice church that welcomes EVERYONE, no holds on anything.



A promotional flyer for a 4-week online intensive course. The background is a teal-to-green gradient. At the top left is a globe icon. Text includes: 'EMPOWERMENT SELF-DEFENSE FOR WOMEN OF COLOR', 'Hosted by Collective Healing', 'Join Our 4-Week Online Intensive', 'Facilitated by Tasha Ina Church, Founder of ElleLiveAction LLC.', 'Collective Healing is a health and wellness community for women of color journeying towards healing. ElleLiveAction is an Empowerment company, offering empowering strategies to emerging women leaders, so they can be their own hero.', 'Training Starts October 26th, Wednesday, 6:30-7:30 p.m. EDT', 'Trainings are every Wednesday from October 26th-November 16th', 'Visit www.collectivhealing.com or email inquiries@collectivhealing.com', and '#ESD4WOC'. There are three small photos: one of women practicing self-defense outdoors, one of two women on a beach, and one of two women practicing self-defense indoors. A logo for 'COLLECTIVE HEALING' is also present.

Collective Healing

Intensive ESD Course for Women of Color

Tasha Ina Church is offering a 4-week intensive Empowerment Self-Defense series for Women of Color, hosted by Collective Healing. This training starts Wednesday, October 26th, 6:30-7:30 p.m. (EDT). For more information please contact inquiries@CollectivHealing.com. Training is every Wednesday at the same time, October 26th-November 16th.

ANNOUNCEMENTS

- Registration for Period Two of the first [Association Credentialing Exam](#) is OPEN.
- Want to join the Association of ESD Professionals? Our new member portal is ready for you! To learn more about membership benefits, visit our [membership webpage](#).
- Our monthly ESD Circle with Sheila Watson is happening on October 13, 2022 at 9 AM PDT! Theme: Self-care. Register [here](#).
- Our monthly Office Hours with Tom Rose will be on October 27, 2022 at 9 -10 AM PDT. This month's guest: Toby Israel on crowdfunding! Register [here](#).
- Check out [our latest blog](#) featuring the one and only Julie Harmon and the We Are Worth Defending program. A case study in ESD and social justice.
 - Want to contribute to the Association blog? Reach out to Toby at toby@esdprofessionals.org.
- Check out our latest How-To guide, [How to Successfully Crowdfund Your ESD Project](#). Key questions, top platforms, and a step-by-step strategy for success!
 - Would you like to see a new How To on a specific subject? Let us know at hello@esdprofessionals.org.
- Did you see our new video starring many of YOU? Be sure to watch it [here](#) (show some love in the comments!) and check out our other videos on the [Association YouTube channel](#).



A NOTE FROM OPERATIONS MANAGER MODUPE POKU

I stumbled into the ESD community and I must say I am very thankful I did. After learning what empowerment self defense (ESD) entails, my first thought was, “How does the whole world not know about this? And how do I get them to know about it?” I couldn’t wait to be a part of this amazing movement. More importantly, I was excited to help grow the visibility of the movement on the African continent.

The African continent has some of the highest levels of gender-based violence, especially in post-conflict areas. According to a policy paper by UNFPA and the African Union, the exacerbated gender inequalities under COVID-19 placed women and girls at greater risk of gender-based violence. I was determined to do my small part in spreading the message of empowerment self-defense across the continent. I was part of the team that planned and facilitated the first ESD Global training in Africa in Rwanda in July of 2022, and it was one of the most rewarding experiences of my life. I also had the opportunity to take part in the training itself and gained the necessary skills to become a Level 1 Instructor.

During the two weeks of the trainings, I watched as participants from 17 countries across the African continent transformed from people who were unsure of their own strength and courage to those who had acquired the necessary skills to stand up for themselves and defend themselves if need be! After the instructor training, so many of my fellow participants have returned to their home countries and have already begun sharing their ESD knowledge with their communities. I am extremely proud of their eagerness and readiness to promote ESD as a violent prevention strategy.

At the Association of ESD Professionals, we are trying to build a community for ESD professionals to meet and learn from one another across the world. My personal goal is to have the Association play a role in the growth of the ESD movement on the African continent. I truly believe that ESD will play a pivotal role in reducing the levels of domestic and gender-based violence across the continent, but for this to happen our new and future African instructors need to know that they have a place to learn from other knowledgeable instructors across the world to help them build and strengthen their ESD skillset. This is what the association is seeking to provide, along with a strong support system to make their vision of a violence-free Africa a reality.

Last month, the first cohort of ESD instructors across the world successfully underwent our inaugural credentialing examination. If you are interested in getting your credentials, do not forget to sign up for the November exam dates on our website! We are extremely excited about the opportunities this will open up for ESD professionals around the world. We also continue to reach out to the ESD community across the world through various channels, meeting them where they are in their ESD journey. I look forward to working with you as we spread ESD near and far!

~ Modupe

Association of ESD Professionals Team Lead, Operations & Membership