



October 2023—Issue No. 22

# Association Newsletter

Empowering Members To Empower Us All

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## EMOTIONAL WELLNESS

**“You can’t stop the waves, but you can learn to surf.”**  
— Jon Kabat-Zinn

Greetings, ESD professionals! As we enter the vibrant embrace of October, we turn our attention to a theme close to the heart of every ESD practitioner: Emotional Wellness.

We have long understood that Empowerment Self-Defense is more than a physical practice. Emotional well-being is at the core of our journey, as ESD empowers us to protect not only our physical selves but also our emotional landscapes.

This month, we invite you to delve beyond self-care buzzwords and fleeting trends, and into the potential for nurturing emotional resilience in the ESD context. We can learn to harness the power of our emotions, rather than denying them, and equip ourselves with the tools to navigate full emotional range of our human experience, foster empathy, and weave empowering connections for ourselves and our communities.

*This month, we invite you to reflect: How can we better understand our own emotional responses and those of others? How do we cultivate the emotional strength needed to confront challenging situations? How can emotional intelligence elevate our practice of ESD?*

We invite you to share your insights with us. Email: [hello@esdprofessionals.org](mailto:hello@esdprofessionals.org).

# A NOTE FROM MODUPE POKU

Dear ESD Professionals,

After what has been a hectic summer for myself—and I am sure for many of you as well—I spent the past week reflecting on my time at the ESDG Summer Experience and the VPEC conference in New York. I have come to appreciate the overwhelming importance of community in the ESD space; both gatherings brought together people from literally across the world! I was coming from Accra, Ghana and I met fellow ESD professionals coming from the Philippines, Lesotho, Australia and Israel, to name just a few.

Even though I had either interacted with a good number of people at both events through an email or a virtual chat, meeting them in person was something I didn't even know I craved. I was able to hear about all the incredible work being done by ESD professionals in their regions, as well as learn from the failures they shared. With each person I interacted with, I could feel the intense passion for the work they are doing in their community.

In-person community gatherings such as the ESD Global Summer Experience and VPEC play such a vital role in cementing our bonds and inspiring dedication to push forward ESD as a violence prevention method around the world. I left the conference feeling very fulfilled in the work we are all collectively doing and proud to be part of the Association of ESD Professionals.

I also left feeling VERY excited for our own upcoming conference. The Association of ESD Professionals will be hosting our first in person conference on April 19-20, 2024 in beautiful Costa Rica! This gathering of ESD Professionals (and anyone interested in ESD as a violence prevention method) will be an opportunity for all of us to once again gather, share our wins and failures, learn from one another, network and get inspired by the collective good we are doing across the world.

In the words of Helen Keller, “Alone we can do so little, together we can do so much.” I am looking forward to meeting all my fellow ESD professionals in Costa Rica, sharing life updates, and especially discussing the amazing work that has been accomplished since we last met in person.

If you have any questions about the conference, I am simply an email away. Please reach out!

~ Modupe Poku

Membership Lead, Association of ESD Professionals.

[poku@esdprofessionals.org](mailto:poku@esdprofessionals.org)

# ASSOCIATION NEWS



## Last chance for Early Bird pricing for the Association's First Annual Conference in Costa Rica!

**Register by October 31st to save big!**

The Association of ESD Professionals' First Annual Conference will gather ESD practitioners—and those eager to learn about ESD—from around the world in April 2024. We will learn together, and deepen our ESD community. [Register here.](#)

**April 19–20, 2024 in Costa Rica**

**Association Annual Member Meeting and Reception April 18**

If you work in violence prevention, mental health, social work, self-defense, martial arts, women's rights, or any field related to justice and empowerment, we invite you to join us in Costa Rica to exchange knowledge on ESD. Over two days, we'll build a strong community, showcase our work, and forge new connections. Experience inspiring workshops, panel discussions, keynote speakers, and roundtable conversations.

Our theme, "Growing ESD, Thriving Together," is a call to unite in our mission to expand the reach of ESD worldwide. Together, we will make the ESD movement bigger and stronger, united in our commitment to preventing violence through empowerment self-defense. Don't miss this opportunity to connect! [Register here.](#)

*Note: If you are interested in applying for financial assistance or international tiered pricing for the conference, you can find more information and access the applications on our [Events page](#) or simply click one of the following links:*

- *Conference International Tiered Pricing Application: [Click Here](#)*
- *Conference Financial Assistance Application: [Click Here](#)*

# ASSOCIATION NEWS

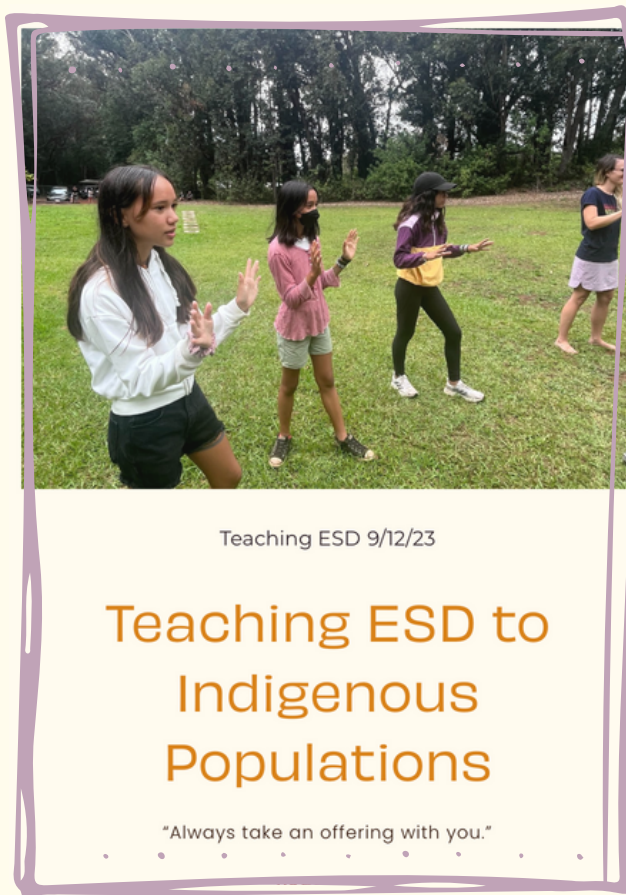
## New Credentialed ESD Professionals

We are pleased to announce that three candidates have successfully passed the Credentialing Exam during the August Exam Period! Please join us in welcoming the following individuals as Credentialed ESD Professionals:

- Chana Levy-Weinberger, ESDP
- Nancy Lanoue, ESDP
- Deb Mier, ESDP



Visit the [Credentialing Page of our website](#) to learn more. Stay tuned for new Exam Periods in 2024!



## Teaching ESD to Indigenous Populations

*Read our latest blog!*

*"To be invited to teach an indigenous population is an honor. It is important for those of us practicing ESD to approach this honor with humility and an open mind."*

—Tasha Ina Church (Iyémote)

[Our latest blog](#), written by the Association's own Tasha Ina Church, is an insightful reflection on what it means to work with indigenous populations. Discover helpful and practical tools to incorporate in your own ESD practice!

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



# ASSOCIATION NEWS

## Check out our Career Center!

### 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 Write Effective Grants

### Our Latest How-To Guide is Now Available

People are often intimidated when they hear the term “grant writing,” thinking it is a skill beyond their reach. Don’t let this assumption stop you!

A thoughtful assessment of the grant application, careful planning, and an organized approach to telling your story and articulating your goals will increase your chances of creating a successful proposal. It sounds like a lot, but if you take it step by step, you’ll see that it’s not so much.

Visit our [resources page](#) to download this and all our How-To Guides.

# ASSOCIATION NEWS



## ESD Pro Tips of the Month

- Keep the legal side of things in mind.
- Be mindful of your class size!
- Keep in mind that each of your participants has their own unique lived experiences.
- Consider alternative greetings for young participants!

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

## Office Hours with Kate Webster

Thursday, October 26th

This month's virtual office hours will feature guest expert Kate Webster. This interactive workshop on "How to Practice Inclusivity in Any Organization" will provide insights and practical tools to deepen inclusion and a sense of belonging in your ESD organization—and beyond!

Learn more and register for our October Office Hours [here](#).

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

A graphic for "OFFICE HOURS" with a yellow background. It features the Association of ESD Professionals logo, an illustration of a woman with glasses holding a tablet, and a chalkboard with text. At the bottom, there are raised hands and the text "ASSOCIATION OF ESD PROFESSIONALS GROWING EMPOWERMENT SELF-DEFENSE".

**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

You inspire us. All. The. Time. We never get tired of celebrating your ESD achievements! Shouting from the rooftops about your inspiring work is kind of a full-time passion project.

Think something or someone should be included in next month's newsletter? Have an ESD-related celebration to share? Reach out at [hello@esdprofessionals.org](mailto:hello@esdprofessionals.org).



## ESD Bootcamp in Nigeria

### Girls Breaking Barriers

Last month, member Adanma Nwokoma, ESDP was invited back to teach ESD to about 400 adolescent girls at an annual bootcamp in Osun, Nigeria organized by ESDG graduate Dr. Costly Aderigbe.

Congratulations, Adanma! We are inspired by your passion and dedication.

## 10 New Instructors in Costa Rica

### Mujeres Fuertes Dreaming Big

Last month, 10 new ESD instructors completed their Level 1 training in Costa Rica with member Toby Israel, ESDP and ESD Professional Amy Schmidt, supported by Esteffy Belmonte from Mexico. Since 2022, [Mujeres Fuertes Autodefensa](#) has trained 20 ESD instructors in total, and they are making big plans for next year!



Follow the project on [Facebook](#) and [Instagram](#) to keep up-to-date on their growth. Check out their fundraiser [here](#)!

## ESD WORLDWIDE

# PAVE SUMMIT 2023 Online Summit Series

REIMAGINING WORKPLACE SAFETY AND CULTURE



**PAVE Prevention invites you to join our  
annual PAVE Summit, featuring an entirely  
new virtual programming for 2023.**

### **Don't Miss the Pave Summit Series**

October | Online

The PAVE Summit Series is a month-long virtual event this October featuring eight sessions and a closing networking event. Each session includes two to three panelists representing diverse perspectives on redefining workplace violence, creating solutions to de-escalate violence, and reducing the costly fallout of human suffering.

Through leader-driven breakout sessions, summit members will identify the key intersections of workplace violence and then work to co-author plausible changes.

It's not too late to register and jump into these important sessions! [Click here](#) and use the code "friendofpave" for 100% off the cost of admission.



# ESD WORLDWIDE

**GIRLS Fight BACK!**

**HUSH NO MORE!**  
YOU HAVE A RIGHT TO TELL IT & HEAL

**Girls Fight Back & HUSH No More**  
*Against*  
**DOMESTIC VIOLENCE**

**A Personal Safety and Self-Defense Seminar**  
For Survivors Only!

**TOPICS:**

- Intuition
- Situational Awareness
- Boundary Setting
- De-escalation
- The Badass Basics of Physical Self-Defense.

**October 29, 2023**  
Time: 3-4 PM EST

**Nicole Snell**  
Girls Fight Back, CEO

This interactive seminar is designed to be a safe space for women/girls to learn simple and practical violence prevention strategies.

**FREE VIRTUAL EVENT**

Register at <https://GirlsFightBackDV.eventbrite.com>  
Contact Dr. Vanessa Guyton at [info@hushnomore.org](mailto:info@hushnomore.org) for more information.

*You're Worth Fighting For! Empowering!!!*

**SOS** **PROJECT** **DF** **RESTORATION & PURPOSE COMMUNITY OUTREACH, INC.**

## Girls Fight Back Free Online Seminar

October 29, 2023 | 3-4pm EST

In honor of Domestic Violence Awareness Month (DVAM), Girls Fight Back has partnered with Hush No More to offer the first ever FREE Virtual Girls Fight Back seminar for survivors! Girls Fight Back is the world renowned personal safety and empowerment based self-defense company since 2001, with a mission to help people reconnect to their innate power so they can live limitlessly. This interactive seminar is designed to be a safe space for women/girls to learn simple and practical violence prevention strategies.

Topics covered include: Intuition, situational awareness, red flag behavior, boundary setting, de-escalation, and the Badass Basics of physical self-defense. [Register here.](#)

One-hour virtual class taught by Girls Fight Back CEO, Nicole Snell.

## SVRI Consultancy: Last Call

**Extended Deadline: October 22**

Request for proposals: Wellbeing, Self and Collective Care Consultancy to support the SVRI Forum 2024 in South Africa. Preference will be given to a team living and working in Cape Town, South Africa but global applications will be considered.



To learn more click [here.](#)

# 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:

