

Change and Opportunity Session 2: Inhaling New Possibilities

Padlet contributions from BOND / INTRAC call participants 17.7.25

1. How do you lead from hope and not fear?

- Notice my own internal state - ground myself if I start to feel dysregulated, and find more spaciousness and ease again
- I work in humanitarian and relief sector. I worked many years in the humanitarian sector. There is a reason we are working here. Its the internal peace we get. Due to the resource or funding cuts, we missed the financial part but used this as a an opportunity. Provided marketable soft skills to the partners and staff and other stake holders. This was based on the model we started in the infancy stage. Having nothing but hoping to have reached to the maturity level.
- It is good to have these spaces to speak and find new perspectives.

2. Where can you find inspiration and new energy?

- Focusing on specific initiatives that make a difference, not spending all the time on internal change processes.
- Humanitarian mindset which always inspires. Our work is driven to provide assistance to the partners and communities.
- Being and doing the thinking together, I am not alone in this journey. Listening & engaging with others who have been on this journey. Acceptance that change is not easy, and putting in place coping mechanisms.
- "Imagine the future and what it would look like - create excitement, that we are part of that change.
- Talk about fears - important to put them on the table -listening to fears are as important as keeping the hope - one draws from the other."