Exhale: Selected resources for navigating change and letting go of what has been… (July 2025)

Partnership transitions and exits

- Blog: '[living out your values in times of distress](#)" by INTRAC
- Blog: '[If you can't exit well, at least exit less badly](#)' by INTRAC
- Blog: '[There's no need to re-invent the wheel in exit planning](#)' by INTRAC
- Blog: '[Leading by Example? Why leadership buy-in is crucial to NGO exit strategies](#)' by INTRAC
- Praxis Note: "[Working at the Sharp End of Programme Closure: EveryChild's Responsible Exit Principles](#)" by INTRAC
- Toolkit: '[Exiting / transitioning from international partnerships: a toolkit for small INGOs](#)' by INTRAC
- Guide: '[Moving on: Effective Management for Partnership Transitions,Transformations and Exits](#)' by The Partnering Initiative

Organisational transformations, mergers and strategic sunsetting

- Article: [EveryChild's former CEO on decision to close down](#) in the Guardian
- Guide: '[Becoming Locally Led As Anti-racist Practice: A Guide to Support NGOs](#)' by Bond
- Toolkit: '[Sensing an Ending](#)' from Stewarding Loss
- Workbook: '[Considering Closure](#)' (accompanies the 'Sensing an ending toolkit)
- Guide: '[Organisational Transformation Guide](#)' by Humentum
- Guide: 'The [Good Merger Guide](#)' by Eastside People
- Blog: '[Ending well](#)' by INTRAC
- Article: '[Endings: the neglected chapter of organisational life cycles](#)' by the Decelerator
- Book: '[Good Bye: Leading change better by attending to endings](#)" by Lizzie Bentley and Alison Lucas
- Article: '[Strategic Sunsetting](#)' by Propel Nonprofits
- Report: '[the Decelerator Pilot Impact Report 23-24](#)' NB: also offer free support services for civil society orgs and information, tools and hands-on support for better endings
- Podcast: '[death](#)' and '[composting](#)' from Corporate Bodies
- The [Wind Down](#) has a great [list](#) of other closure-related resources

Trauma-informed practice

- Article on '[Trauma-informed design: understanding trauma and healing](#)' by Chayn including 9 design principles
- Article on '[Healing Systems](#)' in Stanford Social Innovation Review

Personal resilience and grief tending

- Book: '[Perseverance](#)' by Meg Wheatley
- Tending to Endings Cards: https://tendingtoendings.com/
- Book: '[Coming Back To Life](#)' by Joanna Macy and Molly Brown
- Podcast: Camille Sapara Barton on [tending grief](#)
- Book: '[The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief](#)' by Francis Weller and 13 min [video summary](#)
- Videos on '[Coping with the climate crisis](#)' from the Centre for Climate Psychology
- Events: [Communal grief events](#) specifically for grieving while living in White supremacy culture