

The Organizing Center provides the training, coaching and support base building organizers need to build strong and resilient movements for social justice. We help you build the necessary skills to run a successful campaign, bring power back to the people, develop resilience for the long-haul and create change.

We believe that resilience building in movement work is vital to the success of healthy organizers, base-building organizations and movement ecosystems. This is because we know that movement leaders and institutions that build power are inevitably shaped and impacted by the political economy that we seek to transform.

So what does resilience mean to us? And how might we practice it?

Resilience



Resilience means our ability to navigate hard internal and external conditions (emotions, trauma, housing, reproductive labor) in ways that allow us to meet our political & organizing commitments (well, in health, feeling connected and whole).

Protagonism



Protagonism* means having a sense of our individual or collective agency in shaping our circumstances, overcoming challenges, and making history.

Resilient Protagonism



Resilient Protagonism means an individual and collective orientation to prepare for, face, and overcome adversity - as we build power and fight to meet our social, political, and economic movement goals - for the sake of building healthy and powerful organizations, ecosystems, and larger movements for social change.

Resilient Protagonism in theory and practice reminds and encourages us to step further into our leadership and name the things that we need, name our disagreements, and name new ideas in timely manners - with practice and a deep sense of our well-being.

**Protagonism comes from "protagonismo", a concept that emerged in popular movements in Abya Yala (aka Latin America) in the 1960s and was popularized by Chilean Socialist, Marta Harnecker. The term builds from the literary term 'protagonist' which refers to a character who takes ownership over their destiny and drives the narrative forward by taking action. It reminds us that while there are many factors shaping our organizations - staff, leaders, and members are constantly shaping them and have the potential to transform them. Protagonism makes Resilience more possible and vice versa. To acknowledge this relationship, like other movement spaces, we offer a definition of their shared and enhanced meaning.*

PRACTICING RESILIENCE

in our organizations



We know that hard conditions within settler-colonial racial capitalism can cause dysregulation, a lack of awareness and self-determination, social isolation and apathy in ourselves, our communities and our movements for change. Guided by the experiment and learnings from LeftRoots, the Organizing Center focuses on 4 key categories of practice for resilience: emotional regulation, agency, connection, and aliveness. Please find examples of practices for each category below:

Emotional Regulation

- practices that strengthen our ability to feel our emotions as they're happening without judgment, for example mood check
- practices that strengthen our ability to increase or diffuse emotions, for example breathing and/or muscle relaxation exercises
- practices that strengthen our ability to feel and hold more than one emotion at once without judgment, for example centering in length, width, and depth.



Aliveness

- practices that makes us feel whole and real, for example dancing with others, laughing out loud
- practices that affirm the vision of the future that we're working to build and why it's worth fighting for it, for example revolutionary show & tell, political study and debate, and rigorous learning together

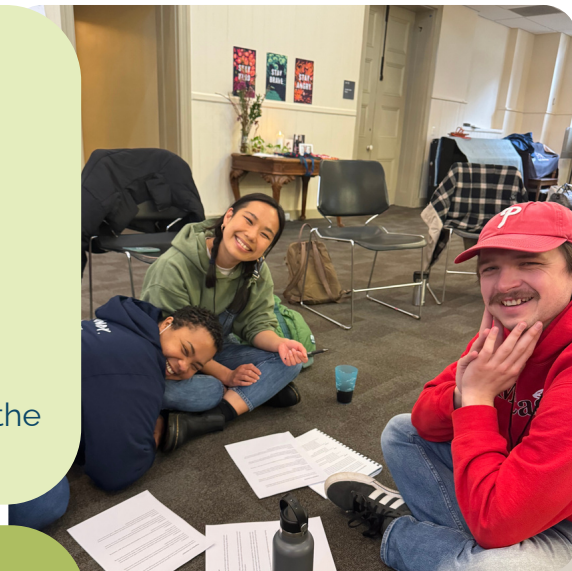


PRACTICING RESILIENCE

in our organizations

Connection

- practices that increase our connection to each other united by a shared purpose, for example cooking and sharing food together
- practices that increase our connection to our peoples and/or our revolutionary ancestors, for example adapting movement songs and chants to reflect our current times
- practices that increase our connection to the planet/the universe, for example nature walks.



Agency

- practices that increase our awareness of our internal and external resources, for example telling or hearing another staff members' personal development story
- practices that reminds us of the range of autonomy we have over our internal conditions, our decisions, and our actions, for example journaling.
- practices that affirm our belief in our internal and external resources, for example collective celebration of an achievement.
- practices that increase our ability to navigate conflict, for example mini debates about how to increase joy in the workplace



Many of the practices listed above can be done individually and collectively. What's important to know is what is needed, for whom, when, and why? Answering these questions can help us to determine how and when we might implement these practices for ourselves (i.e. deep breathing to ease nerves before leading a big meeting or navigating a hard conversation) and our collective (i.e. reflection and celebration following a small campaign win) so that we can create the joyous, connected, fun, adaptable and strategic movements that we want to be part of in our fight for liberation.

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