

springboard

work and
personal
development
for women



KARMA NIRVANA

Supporting all victims of honour based abuse and forced marriage

Supported by



Life after a forced marriage and/or honour abuses can be daunting, often in the face of immense challenges including isolation and family rejection. You may even feel as if you have lived in a war zone your entire life, you have always been watchful, ready to be attacked or hurt. You may not even know who you are as a person.

Karma Nirvana has partnered with Springboard to tailor a programme for survivors. Our partnership has created an opportunity to support survivors on the journey towards independence and building a future you choose for yourself on the empowering Springboard women's development programme

This programme will support your development and help you to reflect, clarify, heal and grow, then make confident decisions about your future goals - all with support, inspiration and fun! This is an opportunity for you to explore –

- ★ clarifying what is really **important to you** right now
- ★ **coming to terms with the past** and **looking to the future**
- ★ building a **nurturing sisterhood around you** with other women on the programme – with a support network in your life you're not alone
- ★ **identity-honour-beyond shame** – not being defined solely by what has happened to you – clarifying your beliefs, values, what you stand for, getting to know yourself
- ★ simple, **effective techniques for overcoming traumatic stress symptoms**
- ★ **wellbeing** reducing stress with self-care, energisers & meditations
- ★ replacing labels, stereotypes, put-downs & inner doubts with **self-belief**
- ★ boosting techniques, inner strength & **positive thinking** to face challenges, 'crossroads', dilemmas, life decisions and times of change
- ★ building up your **self-esteem, confidence** and **assertiveness**
- ★ choosing your own **meaningful goals** for your future
- ★ stretching beyond your 'comfort zone' to **live to the fullest**
- ★ taking the **initiative and finding your voice** to make a difference
- ★ attracting and **seizing more opportunities** in life
- ★ taking **practical steps** towards your **life and career goals**
- ★ owning your **choices without guilt or family pressures**

What's involved?

- ✓ **x4 motivational one-day workshops** spread out over four months with **nurturing Springboard Trainer** Vanessa Boon and support from Jasvinder Sanghera CBE
- ✓ **Inspiring guest speakers** who share their life journey, experiences and tips
- ✓ **Your own Springboard book** full of ideas, other women's life stories + activities to help you reflect, relax, develop & grow between workshops
- ✓ **Peer support**, lots of sharing, mutual encouragement and laughter!
- ✓ **Springboard graduation celebration with presentation of certificates** on completion
- ✓ **Karma Nirvana support and opportunities to become a Survivor Ambassador**