

Hope

FOR ANIMALS SUMMIT



IN DEFENSE OF ANIMALS

In Defense of Animals Sustainable Activism campaign helps people who help animals deal with compassion fatigue, burnout, and secondary trauma caused by the tragedy-filled nature of their noble work.

We support animal activists by providing emotional and spiritual resources including a support line, an online support group, and monthly webinars with experts in the field of animal protection and activist self-care.

LORRIN MAUGHAN

Lorin is a life coach, focused on serving change-makers and activists. Lorin helps animal advocates develop leadership skills, positively handle conflict, build emotional resilience and get clear on their priorities so that they can influence more people and save more animals without burning out. Lorin offers phone/Skype/email coaching as well as in-person Equine-guided Gestalt Coaching sessions and workshops, in partnership with companion horses Gift and Fella. Lorin also offers complimentary distance Reiki healing for people and animals to all clients.

Relevant credentials: Certified Practitioner of the Equine Gestalt Coaching Method®. Certified Facilitator: Leading Out Of Drama®. Usui Reiki Master. Please visit: www.shamwaricoaching.com.

LISA LEVINSON

Lisa Levinson is the Director of In Defense of Animals' Sustainable Activism Campaign, offering emotional and spiritual tools for animal activists. Lisa promotes activist self-care through IDA's Animal Activist Support Line and monthly online events. She also organizes local Vegan Spirituality Groups and regional retreats to explore veganism as a spiritual practice. For fun, Lisa develops exhibits for The Animal Museum and hikes in the Santa Monica Mountains. She co-founded Public Eye: Artists for Animals to teach compassion for animals through the arts and founded the Toad Detour to help migrating toads safely cross the road in Philly.





PROJECTS

Animal Activist Support Line with phone, texting, and email support: 1(800) 705-0425, helpline@idausa.org, www.idausa.org/helpline

Animal Activist Online Support Group on Facebook: for activists to receive feedback from each other, moderated by our counselors: <https://www.facebook.com/groups/480910905448334/>

Animal Activist Online Support Group: monthly web-based support group where activists discuss their feelings about animal issues, self-care, anger, frustration, activist strategies, and more. Register here: <http://bit.ly/2ebzlfx>

Sustainable Activism Webinars: monthly webinars on activist-related topics by leaders in the field of animal rights, animal rescue, and self-care. Register here: <http://bit.ly/2gHNOWp> Replays here: https://www.youtube.com/playlist?list=PLoF5qlifvW6GKn3t-d_ax1O4vGoXSkDbz

Activist Appreciation Month: activist awards, feature stories, self-care pledges, and special events in February: www.idausa.org/activistmonth

Spiritual resources to explore veganism as a spiritual practice: Vegan Spirituality Online Gatherings, Vegan Spirituality Retreats, and an Interfaith Vegan Coalition. For details, visit: www.veganspirituality.com

HOW TO HELP

If you are an activist with a background in psychology, please volunteer as a Support Line Counselor. If you don't have psychology training, please volunteer as a Support Line Ambassador. For details, visit: www.idausa.org/Helpline. To volunteer, contact SustainableActivism@idausa.org.

WHERE TO LEARN MORE

Campaign webpage: www.idausa.org/SustainableActivism

Upcoming events page: www.idausa.org/events



SUCCESS STORIES

Our support team intervened on behalf of a gentleman whose beloved canary was stolen by a previous landlord. With our assistance, the police returned the bird to her rightful family, where she sings happily once more.

Our counselors assisted an activist who was suffering from severe burnout. Now this long-time activist incorporates self-care into her life to achieve a sense of balance.

The Support Line provided encouragement to an activist as she exposed extreme cruelty and neglect in a primate rescue facility in Nicaragua.

Testimonials:

It's truly like answered prayers to come across you and your very helpful efforts towards helping animals and the people who want to protect them.

After speaking with you, I literally noticed that the swelling under my eyes from stress completely went down.

As a 20-year veteran of animal activism, I can say that we need this support!

No words can describe how "un-alone" I felt after speaking with you!



FACT SHEET

Activist Resource List: www.idausa.org/resources





FREE GIFT

10 Activist Self-Care Video Tips by “The World Peace Diet” author Dr. Will Tuttle: https://www.youtube.com/playlist?list=PLoF5qlifvW6EfX1ZcPac_ASxmvi-vGPeE

Lorin Maughan offers a complimentary initial phone consultation for coaching, and a 25% discount on coaching packages to Hope for Animals referrals and staff of animal rescue organizations/shelters. Email lorrin@lorrinmaughan.com.

Lorin’s tips for handling conflict with loved ones (free download): <http://bit.ly/2l7Z7nt>

IDA webinars by Lorin:

- Diffusing Drama: A Compassionate Approach to Conflict - <https://www.youtube.com/watch?v=RYs-NDqHz8M&t=191s>
- Making Friends and Influencing People: Strategies for Effective Activism - <https://www.youtube.com/watch?v=tOzcf52lVpQ>

