

Women & Mental Health
AfNet International Women's Day Event 2025

ANI AFRICAN WOMEN FOR CHANGE NETWORK International Women's Day

SELF CARE TO ACCELERATE ACTION

ANIWDEVENT

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Saturday, 29th March, 2025 12.00 PM - 1.30 PM EDT <https://bit.ly/afnetwd25>

PARTNERS: Ohio Department of Mental Health & Addiction Services, Prevention Action Alliance, changeX, DWISO, Addis POWERHOUSE

Session Plan

Title: *Self-Care to Accelerate Action*

Date & Time: *Saturday, March 29, 2025 | 12:00 PM - 1:30 PM EDT*

Format: *Panel Discussion & Interactive Q&A*

Target Audience: Women leaders, activists, professionals, and advocates for gender equity and mental health.

Objectives of the Event:

1. **Promote Self-Care as a Leadership Tool** – Equip women leaders with strategies to prioritize self-care while sustaining their activism and professional impact.
2. **Foster Meaningful Conversations on Mental Well-being** – Provide a platform for open discussions on mental health challenges and best practices for African women leaders.

3. **Encourage Collective Action and Support Networks** – Strengthen connections among women leaders globally, creating a supportive community that prioritizes well-being and sustainable advocacy efforts.

Session Structure (90 minutes)

Time	Facilitation	Key Learning	Tools	Activity	Person Responsible
0-5 min	Introductory Video	Overview of self-care for activism	Pre-recorded video	Video screening	AfNet Team
5-10 min	Moderator's Opening	Session objectives & panelist introduction	Slides (Max 5)	Welcome & guidelines	Francisca Nancy Hagan
10-50 min	Panel Discussion	Insights from experts	Live discussion	Panelists share experiences	Panelists: Thuthula Sodumo, Hanna Lemma, Shantel Rodriguez
50-65 min	Q&A Session	Audience engagement	Chat feature	Audience questions answered	All speakers
65-85 min	Masterclass	Practical self-care tools	Presentation & discussion	Expert insights from Maël Rabemananjara	Maël Rabemananjara
85-90 min	Closing Remarks	Takeaways & call to action	Summary slide	Final reflections	Moderator & AfNet Team

Discussion Questions for Panelists:

1. How does self-care influence leadership and activism?
2. What are common self-care myths among women in leadership?
3. How can women balance self-care with the demands of advocacy work?
4. What community-based self-care practices can be implemented?
5. How can self-care practices be adapted to meet the unique challenges faced by differently-abled women activists, especially in high-stress advocacy roles?
6. How can organizations prioritize mental well-being for women leaders?
7. What structural and community-based support systems are needed to ensure self-care is accessible and inclusive for differently-abled women in leadership and activism?