

THRIVE

..because our health, wellness and ability to THRIVE is political

What is THRIVE?

THRIVE is a year-long fellowship experience. THRIVE offers participants the opportunity to build relationships, process social justice work trauma, and gain the tools and knowledge to decolonize the concept of wellness through a variety of sessions rooted in practice, mindfulness, body movement, and culture. THRIVE offers a diverse, engaging curriculum with a variety of facilitators and practitioners. THRIVE also offers a \$1500 stipend to participants!

Why THRIVE?

Every day, our people who are working for social justice are struggling with “racial battle fatigue” and a lack of resources. We are fast-tracked on the path to burnout with no cross-movement strategy that incorporates our need for space to rest and recuperate regularly. It is always our job to navigate the impacts of racism from within our own organizations and places of employment while simultaneously answering the call for our leadership, “doing the work”, and surviving. Yes, we are resilient, we are strong, and we are also literally sick and tired. We deserve to THRIVE. NOW.

In the face of global recuperation from the pandemic, the years-long stress, grief and suffering and employer expectations to continue to produce with the goal of striving toward pre-pandemic “normalcy”, we have the opportunity to refuse. We have the opportunity to do better. We have the opportunity to not* do business as usual

THRIVE is an Austin Justice Coalition and Amala Foundation Collaboration.



Who should apply to THRIVE?

- You are not white (Black, Indigenous, person of color (BIPOC), person of the Global Majority (PGM), a member of The Seasoning Coalition, etc, etc, etc.)
- You are 25+ years of age
- You can commit to the participation requirements & schedule (listed below)
- You are working in social justice, advocacy, or movement building
- You are an educator organizing within the system for racial justice and equity
- Have a baseline* anti racist or systems analysis (you understand the difference between racial bigotry and institutional racism)
- You are exhausted / experiencing burn out
- You don't rest or often feel like you haven't "earned" rest
- You justify over working to yourself because you are "passionate" about or "love" the the work you do



When is THRIVE? (Schedule & time commitment)

- Applicant Webinar March 26th, 6PM
- Applications Due April 15th
- July 15th THRIVE Kick-off Soiree @ Amala (evening)
- July 29 Fellowship Orientation (Virtual)
- 12 in person Monthly Saturday Retreat sessions 10AM - 4PM (July '22 - June '23)
- Bi Monthly Virtual fellowship sessions
- July '23 Fellowship closing Retreat 2-3 days Trip [Details TBD]
- 10-20 minutes, 3x per week for Emotional Self Assessment
- I:I coaching session with a THRIVE staff person monthly (OPTIONAL)

Selected applicants for THRIVE will receive a \$1500 stipend for participation paid in two installments with the first installment in early December of \$750 and the second installment of \$750 before the Fellowship Closing Retreat in July 2023!

Click Here to:

Register for our applicant webinar
on March 26 @ 6PM
ask questions and learn more!

For more information and general inquiries, please contact Thrive@austinjustice.org.



Meet the THRIVE team

THRIVE is designed and managed by women and gender non-conforming folks of color



**Alleyha
Dannett**
(they/them)



**Sabrina Moorooogen
Phillips**
(she/her)



**Rockie
Gonzalez**
(she/her)



**Annelese
Jones**
(she/her)

Amala Foundation Staff

Sabrina Moorooogen Phillips, Cultural Proficiency and Art Education Director

Sabrina designs experiences with works of art to explore themes such as empathy, self compassion and conversations about race. She has held a senior educator position at the Art Institute of Chicago and managed school programs at the Blanton Museum at the University of Texas. A former elementary teacher, she has worked with fifth and sixth graders at schools in England, Thailand, Egypt, and Qatar.

Annelese Jones, Program Director

Annelese facilitates and designs social-emotional learning and mindfulness programs for youth and adults in Austin. Raised in Austin, she has made it her mission to stand in community with those in the margins. She has served as an Intensive Case Manager for youth, worked with the local transit authority on closing gaps in service, supported young adults at a residential treatment facility, and led trainings for local non profit organizations. On the weekends you can find her with her husband and one-year-old son at Black Pearl Books, Zilker park, or, picking up an order at Target.

Austin Justice Coalition Staff

Alleyha Dannett, Digital Communications Manager

Alleyha is an earth steward, community herbalist, Afro-Indigenous healing practitioner, and multi-dimensional Digital Communications Specialist. They show up in this space with a passion for ashwagandha & abolition, and with ancestral roots in South Carolina and the Caribbean. Their professional career has focused on crafting immersive, healing, virtual & IRL spaces for Black folks and designing digital communications systems rooted in holistic, radical Black Liberatory practices.

Rockie Gonzalez, Deputy Director

Rockie is an indigenous xicana from the Rio Grande Valley residing in Austin for over 20 years. She is a long time trainer, facilitator and organizer who has found joy in the work of anti-racist organizational development, and operations. Rockie's mission is to dismantle white supremacist structures and systems by operationalizing anti-racist values with a transformative and compassionate approach rooted in Black Feminist Theory and indigenous knowledge. Rockie is an Undoing Racism trainer with the People's Institute for Survival and Beyond, Co Founder and Board Chair of the Frontera Fund, professional coach and EDI Consultant. She is a practitioner of Danza Azteca and Native American Church and strives to reclaim the traditional practices of her ancestors.