



# JAM SESSIONS

## TOOLKIT

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*A guide to hosting nurturing  
and healing spaces for  
civil society activists  
and organisers*



# CREDITS

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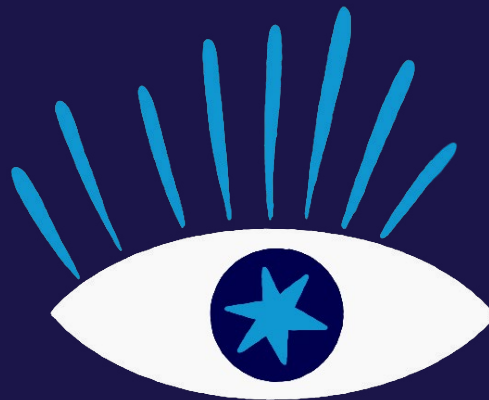
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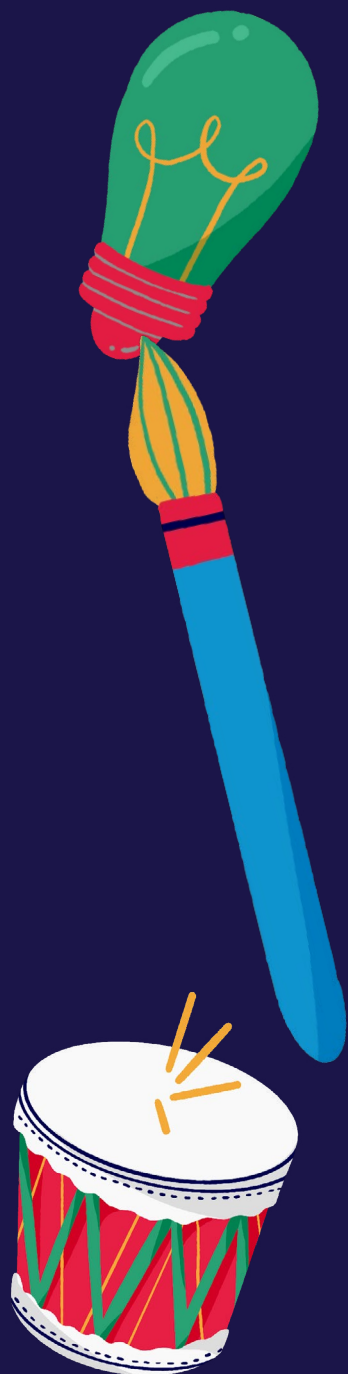
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# INTRODUCTION

The brave and committed efforts of activists and organisers working at the community and grassroots level to advance social justice are undoubtedly demanding. This work takes significant levels of mental, physical and emotional energy, tons of time and substantial material resources.

As the conversation about how to better support and resource grassroots activists and groups continues to grow, activists vehemently highlight that this discussion should not be limited to resourcing and supporting projects and field action. It should also consider the fundamental need to protect and nurture the mental, physical and emotional energy that drives activists and groups individually and collectively.







This need came out strongly during the co-creation of the [Grassroots Solidarity Revolution](#), an advocacy campaign launched in 2021 by CIVICUS and a group of activists called the [Grassroots Changemakers](#). Through their own and peer experiences, they illustrated how activists and their wellbeing are overlooked in the fight for the greater good – with activists often having to sacrifice their time, sleep, integrity, safety and personal livelihoods. Additionally, they highlighted that activists need but lack informal spaces to connect with peers beyond their pressing work agendas; spaces to cultivate relationships, unwind and laugh, support their individual and collective wellbeing, and exchange knowledge and skills.

The Changemakers saw the campaign co-creation process as a good opportunity to do things differently. They proposed adding to this process a few non-work meetings focused on getting to know each other at a deeper and more personal level, playing games, singing, dancing, practicing relaxation exercises and exploring new ways for collaboration. They call them Jam Sessions.



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*The Changemakers proposed adding to this process a few non-work meetings focused on getting to know each other at a deeper and more personal level, playing games, singing, dancing, practicing relaxation exercises and exploring new ways for collaboration. They call them Jam Sessions.*

The team enjoyed the Jam Sessions so much that it was decided to promote them as part of the campaign, inviting other activists to host their own events.

In 2021, eight grassroots activists from different countries received guidance and financial support to host virtual Jam Sessions for peers within and outside their groups and movements. In 2022, a second group of six grassroots activists from around the world also received support to host Jam Sessions.

The positive feedback and experiences from these Jam Sessions encouraged us to publish a simple toolkit for activists interested in hosting similar spaces to lift the spirits amongst colleagues and nurture the collective energy that keeps their groups and movements going.

This toolkit provides very practical information about planning and hosting Jam Sessions for activists and reflecting on the outcomes. Additionally, it includes some more information about our Jam Sessions experience within the Grassroots Solidarity Revolution campaign journey.



# WHAT IS A JAM SESSION FOR ACTIVISTS?

In the introduction, we provided a brief recount of why and how these Jam Sessions were created. Let's now dive into what they are in practice.

The **Jam Sessions** for activists created as part of the Grassroots Solidarity Revolution are conceived as informal, intimate, and vibrant spaces designed by and for activists to promote human connection, joy, collective healing, and well-being. These are also spaces to explore and reimagine new organising realities and visions, share skills, and establish collaborations. A Jam Session can be a virtual or in-person event and can be as short or as long as your group needs or wants it to be.



*The fundamental principle of Jam Sessions is to nurture the energy, heart and spirit of activists as individuals and as a group.*

A Jam Session is not a work meeting or assembly, a panel or seminar, a consultation or a round table. The fundamental principle of Jam Sessions is to nurture the energy, heart and spirit of activists as individuals and as a group. Some groups might need a Jam Session that is purely fun and relaxation, others might need healing activities or maybe some team building.

On top of that, you could add activities that strengthen your individual or collective activism but that are often neglected in the arduous day to day work activities. While we were co-creating the Grassroots Solidarity Revolution, activists shared that they hardly ever have time or spaces to co-create their own visions around important topics like resourcing or to reflect on their journeys, wins, losses and challenges. They are usually running to organise community activities, protests, attend emergencies, write reports, meet deadlines and chase funds.



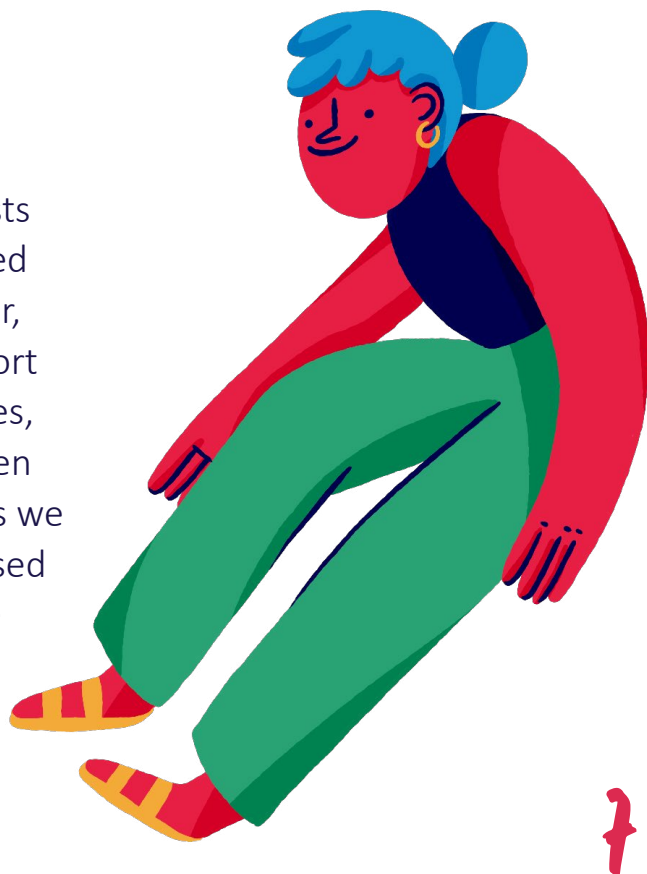


Considering this, your healing Jam Session could additionally provide a space to create or refresh your visions and values or write a manifesto. You could also share and reflect on lessons learnt and maybe even invite activists from outside your regular circle to build new relationships and strengthen collective action.

We must emphasise that the Jam Sessions celebrated as part of this campaign focus on the resourcing realities of grassroots activists. Alongside the wellbeing aspect, activists who have hosted Jam Sessions have used these spaces to build resourcing visions; discuss collectively their challenges and opportunities to access resources, support and establish relationships with donors and ally organisations; and co-create potential solutions to these challenges.

Having spaces to articulate these types of conversations is key to help improve the resourcing conditions for grassroots activists and groups. Currently, they are quite limited to playing a “passive” role as a grant-seeker, grantee or beneficiary in the aid and support system where funders control the resources, how they are used, who gets them and even shape up most of the resourcing narratives we hear. Larger, more formal and professionalised organisations and other allies also exercise more power, access more resources and have more visibility in this system.

*Currently, activists are quite limited to playing a “passive” role as a grant-seeker, grantee or beneficiary in the aid and support system where funders control the resources, how they are used, who gets them and even shape up most of the resourcing narratives we hear.*



These Jam Sessions have been an opportunity for many activists to discuss donor practices, reflect and establish their positioning on trending topics like localising and decolonising aid, or the Shift the Power movement and conversation. In some cases, activists have even invited funders to join these spaces and conversations to discuss these topics from activists' perspectives.



# 5 PRINCIPLES OF PLANNING A JAM SESSION

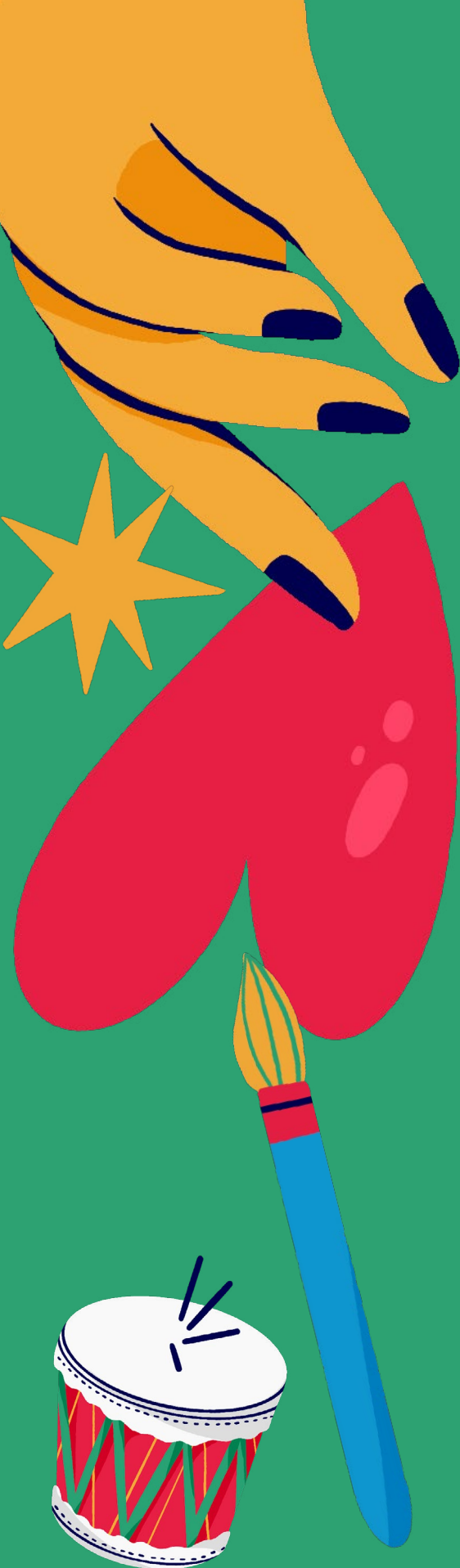


1

Freely make this toolkit your own. Adopt and adapt it into your own context, culture and community. You have the power over what your local Jam Session would look like; use it to be creative, **HAVE FUN** and transform this toolkit into what works for you and your peers.

2

Bring your whole being and genuine self into the space and invite others to do the same. It's okay to be just as you are. The Jam Sessions are meant to be a **SAFE AND CARING SPACE** for expressing emotions and humanity while practising empathy.



3

See the organisation of the Jam Sessions as an opportunity to connect and collaborate with other fellow activists. These are spaces of **TOGETHERNESS AND BELONGING**, so we encourage you to have fellow activists to help you through the different activities you design.

4

Jam Sessions should not be seen as added workload or a source of stress. Try and keep the planning process as simple as possible and **FOCUS ON NURTURING A GOOD ENERGY** before, during and after the event.

5

**YOU ARE NOT ALONE.** Reach out to the CIVICUS team if you have any questions or are looking for help or ideas. Our capacity is limited but we'd be happy to help if we can. We are one e-mail away: [grassrootscampaign@civicus.org](mailto:grassrootscampaign@civicus.org)

# PLANNING PHASE

Hosting a Jam Session should not always involve a lot of preparation work and planning. In fact, the name Jam Session implies some level of informality, improvisation, experimentation, being casual and doing things for joy.

You could plan and deliver a Jam Session in one week, overnight or in the moment! But it is always good to have some plan and activities in mind to be sure that everyone enjoys and values the experience.



*You could plan and deliver a Jam Session in one week, overnight or in the moment!*



*The amount of planning required for a Jam Session depends on the nature and goal of your session.*

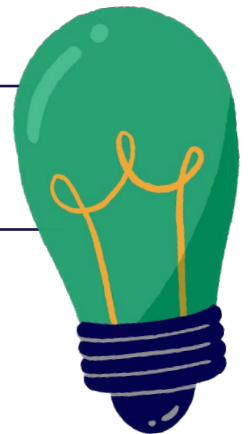
The amount of planning required for a Jam Session depends on the nature and goal of your session. For example, we've supported groups who have done Jam Sessions that mix relaxation, building relationships and doing some type of group visioning or analysis that requires more planning and preparation than a session that is conceived as a casual space for relaxation with peers. Also, it is not the same to do something for five people as for 20 people or more. Sometimes you will need more planning and preparation, sometimes a lot less. In any case, the key is to try to keep it simple.



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**Here we provide an example of an easy roadmap for a Jam Session that requires moderate planning:**

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## **2 OR 3 WEEKS BEFORE THE EVENT**

Conceptualise the Jam Session defining how you would like it to look, feel and be seen.

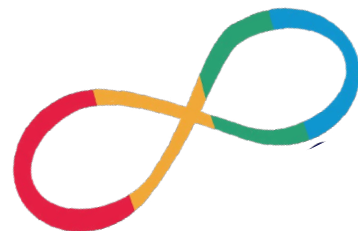
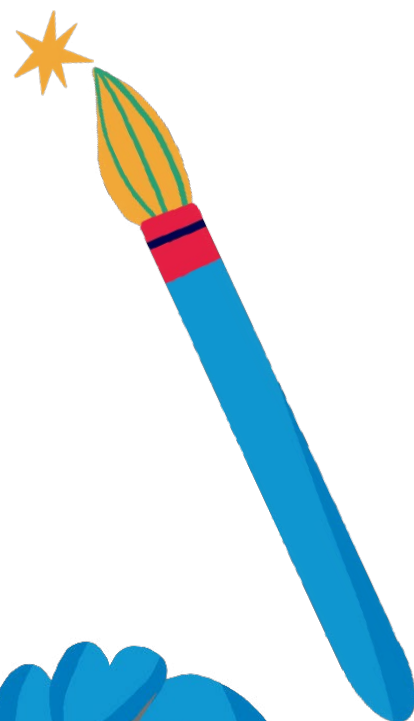
- What are your specific objectives?
- What type of event you do want to host?
- What would you call the event in your local language? \*Maybe the name Jam Session does not work for you, and that's fine!
- Who would you like to invite?
- What type of support would you need?
- Where could you host the session?



## 2 WEEKS BEFORE

- Define the event date or dates if you are planning more than one Jam Session.
- Set up an organising team and define everyone's roles. A successful organising team may have one facilitator, one logistics coordinator and one note taker. A team that has experience working together and has a good attitude and sense of humour is also a good recipe for success.
- Create the event agenda and plan the activities.
- Consider setting up some event principles and housekeeping rules for the session introduction to ensure it is a relaxing, informal but safe space.
- If you are ready, start inviting people to the event. A good Jam Session size can go from five participants to 20 people. If possible, ensure a diversity of age, gender, background and movement.
- Define and secure an event location or digital platform if you will have an online session. In any case, don't forget to ask and consider everyone's accessibility needs. For example, check for mobility difficulties if you are doing an in-person event, as well as transport costs. If you are doing a virtual event, make sure that the chosen digital platform will be friendly enough for all participants and consider things like having interpretation or even sign language if needed and possible.

By now you might know what you would like for the session and some of the steps to make it happen. It is now time to start developing all the elements of your "masterpiece".



## 1 WEEK BEFORE



If you started the preparations a couple of weeks ago, this could be a time to confirm and fine tune logistical arrangements.

- Confirm participants and send reminders in different ways.
- This could be a good moment to start preparing any materials and tools needed for your planned activities. This could be things like paper, pens, games, musical instruments, etc., or virtual tools like Miro, Mural, Jamboard, Slido or Mentimeter.

## 1 DAY BEFORE

Reminders!



- Send a reminder to all your participants and confirm everything with your organising team and service providers.
- Share your agenda for the event with everyone including anything they need to do to prepare.



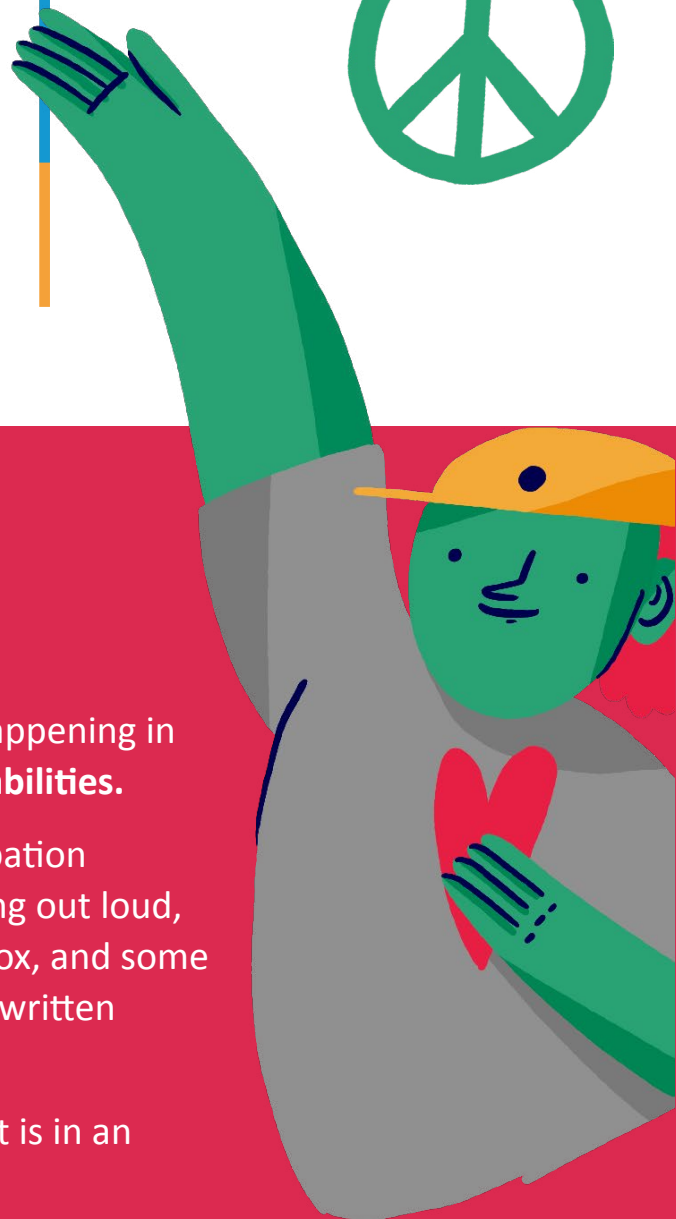
## THE DAY

- Whether you are hosting a digital or in-person event, be sure to arrive early and check that everything you need is in place and working. For example, if you are hosting an online event, connect to the platform 10-15 minutes before the Jam Session starts to test audio and video. If you are meeting in person, check that you have your materials, tools, snacks, etc.
- Play some music to create a nice ambience before kicking off the session. These events are about nurturing a positive energy. If anything goes “wrong,” it is ok. Be flexible, laugh it off, improvise – it’s a Jam Session anyway!

The final day has arrived and thanks to the great preparation you have done, everything will run very smoothly. Enjoy!

## MORE ACCESSIBILITY RECOMMENDATIONS:

- Consider describing the images or what is happening in the room to **accommodate people with disabilities**.
- Consider different ways of asking for participation (some people feel more comfortable speaking out loud, some prefer writing something in the chat box, and some would prefer an anonymous way of sending written questions/comments)
- If providing material in advance, make sure it is in an accessible and easy-to-read format.



# EXECUTION ★ PHASE





# RECOMMENDATIONS TO INTRODUCE YOUR JAM SESSION

## ICEBREAKER

- Consider starting the meeting by practising how native people in your community introduce themselves. If there is no native practice, the following links have some dynamics for icebreaking that would help ease people into the session in a more relaxed and comfortable way.

Miro has a “Miroverse” with different templates that might be useful for icebreakers:

- [www.miro.com/miroverse/emotions-wheel-icebreaker](http://www.miro.com/miroverse/emotions-wheel-icebreaker)
- [www.miro.com/miroverse/monster-workshop](http://www.miro.com/miroverse/monster-workshop)
- [www.miro.com/miroverse/digital-event-icebreakers](http://www.miro.com/miroverse/digital-event-icebreakers)
- [www.miro.com/miroverse/workshop-and-meeting-energizers](http://www.miro.com/miroverse/workshop-and-meeting-energizers)

More icebreaker ideas:

- [www.docs.google.com/document/d/1d6LqPouqIVYA02h06\\_MB\\_GyQ6KudE\\_EE9VZx4MPbenA/edit](https://www.docs.google.com/document/d/1d6LqPouqIVYA02h06_MB_GyQ6KudE_EE9VZx4MPbenA/edit)
- [www.blog.slido.com/virtual-icebreakers](http://www.blog.slido.com/virtual-icebreakers)



## HOUSEKEEPING IDEAS

- Hold the space together with respect, compassion and love.
- Recognise the diversity of the group (identities, culture, background, abilities, ideas).
- Always remind everyone in the room about the importance of self and collective care, about being compassionate and working in solidarity.
- Keep an attitude of openness to hear and learn from each other.
- When necessary, mention the awareness of power structures, privilege and of how much space some people take up unconsciously.
- Invite people to challenge their own assumptions.
- When not speaking mute the microphone.
- Ask people to feel comfortable- this is a safe space- and just to participate in the best way possible for them, with or without video, through chat, unmuting themselves, etc.
- Ask people if they would like to add anything else before the session starts.



## WELCOME AND INTRODUCTIONS

- Begin by explaining the purpose and objectives of your Jam Session, with a brief background of the Grassroots Solidarity Revolution if you think that is helpful for your participants to understand and better contribute to the discussions.
- Present the wonderful agenda that you designed for the day.



# RECOMMENDATIONS TO FACILITATE THE CONTENT OF YOUR JAM SESSIONS

Consider starting with a well-being or self and collective care activity.

Introduce why it is important to discuss the resourcing landscape for civil society in your country for protest movements and grassroots groups.

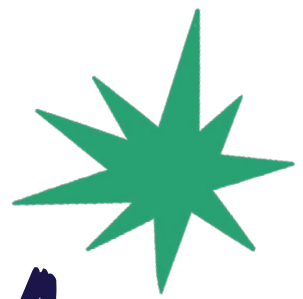
Consider creating small breakout groups of two or three people so attendees feel more comfortable interacting.

If it is a new group, ask people to always say their name before speaking so everyone present knows who is addressing them.

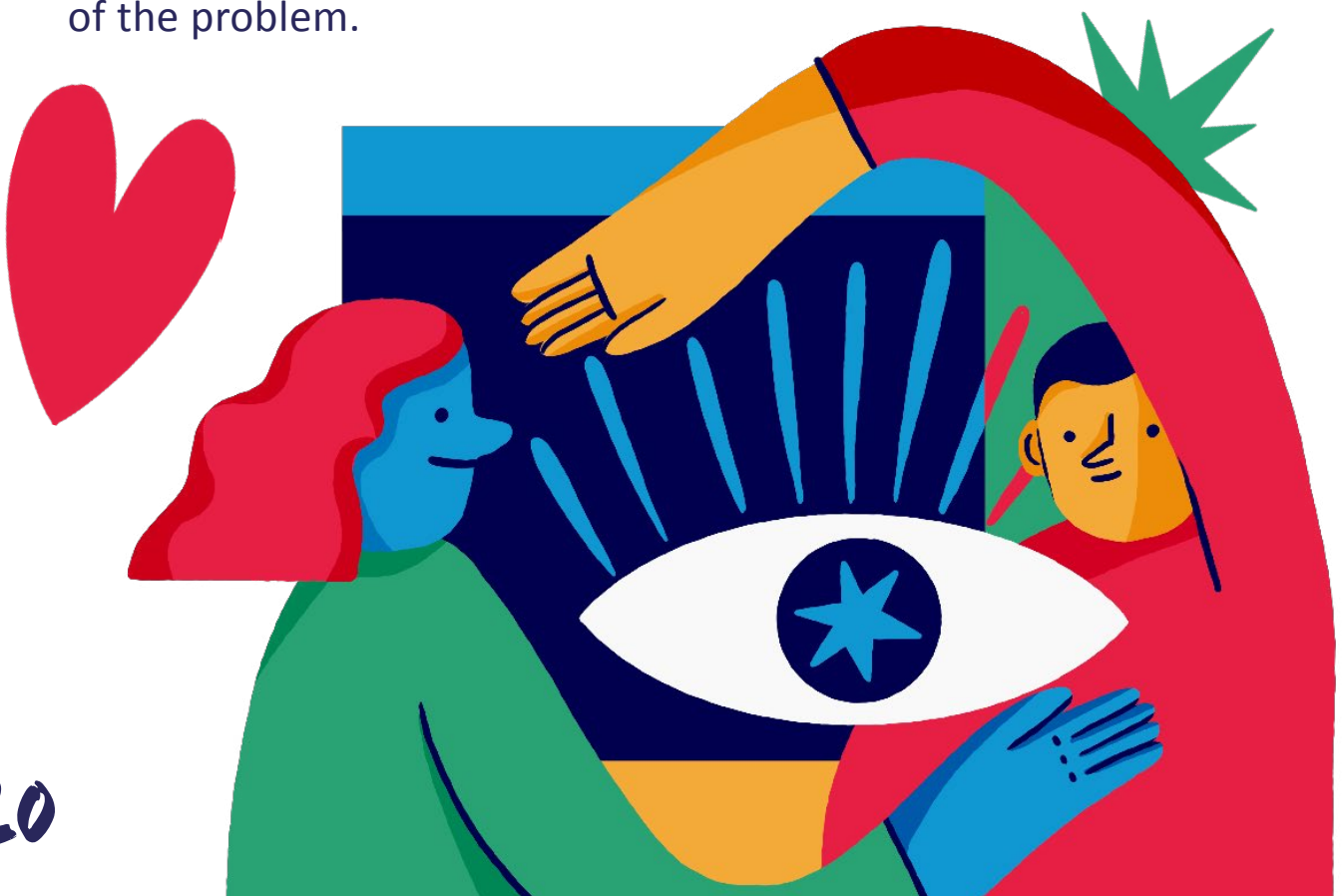
Share the campaign hashtag #GrassrootsSolidarityRevolution with attendees so they can tweet about your Jam Sessions (if they feel safe doing it).



# HOW TO CREATE A SHARED VISION IN A GROUP WORKSHOP/ JAM SESSIONS



Issues such as resourcing flows and dynamics for grassroots groups and protest movements are very complex to be solved linearly. Instead, shaping a shared or collective vision encourages us to come up with breakthrough ideas by zooming out and absorbing as much data as possible to capture the larger context of the problem. It frees our minds to think more creatively and puts us in the shoes of the people at the centre of the problem.



In practical terms, this means:

1. We start by reminding ourselves of people's frustrations, insights and opportunities.
2. We use these data points to distill the themes that participants decide are most prominent. (Themes are the findings and insights that have similar characteristics. The more similar insights, the more important the theme is.)
3. The prominent theme should capture the main problem or pain points experienced by the people you are creating solutions with; what they think and feel, what their needs are; and opportunities/ alternative solutions to address the change.

*The prominent theme of a collective vision should capture the main problem or pain points experienced by the people you are creating solutions with.*


You should include any of the surprising comments or patterns that emerge from your research.




Examples of themes:

- Several people in our interviews may have said that they were experiencing falls in funding due to funds being redirected for COVID-19 programmes.
- Many people are turning to crowdfunding but have seen limited success in their first campaigns because of a lack of public familiarity with crowdfunding.





*Creating a shared vision requires patience and practice.*



Creating a shared vision requires patience and practice. It's good that you create a statement that is broad enough to allow for many creative solutions, but not so broad that you will feel like you do not have enough focus and key insight to get a good solution.

You could create your vision by following this structure:

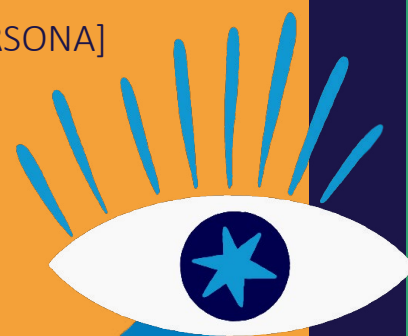
Given that \_\_\_\_\_ [SPECIFIC PROBLEM, FRUSTRATION OR PAIN POINT]

How might we help / enable / inspire \_\_\_\_\_ [PERSONA]

To \_\_\_\_\_ [IMMEDIATE GOAL]

And achieve \_\_\_\_\_ [OUTCOME / VISION]

By \_\_\_\_\_ [OPPORTUNITY]



## HERE'S AN EXAMPLE:

Given the increase in cyclones in the Philippines, we might offer Filipinos our help during extreme weather events and hold big polluters responsible by taking simple social actions.

# RECOMMENDATIONS TO COLLECT FEEDBACK FROM YOUR JAM SESSIONS







Reflecting and capturing data and outputs before, during and after the session allows you to find best practices on how to create Jam Sessions that are safe, inclusive and impactful.



This is one way to do it:

- Create a Word document to serve as your journal and take notes throughout the process. Consider writing:
  - What do you need to do each day?
  - What did you learn from the day before?
  - What surprised you?
  - What do you think were the factors or reasons that created the ‘surprise’ or outcome that you saw the day before?
  - What and who was missing?



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- Before ending the Jam Session, make a summary of the insights shared and discussed to make sure that what you captured resonates with the activists present in your Jam Session.
  - At the end of the Jam Session ask participants to write - in one post it or in the chat box - one thing they learned, one thing they liked and one thing they would improve next time.
  - After the Jam Session, take notes of the people who participated in each Jam Session and their profiles (gender or preferred pronouns, age range, a main social movement where they are engaged, etc.)

*Learn more about collecting feedback in the 'Reporting Phase' section, on page 31.*

# SAMPLE AGENDAS

*(Remember that each agenda is unique and you can adjust it as it best fits you)*

## 1. TWO-HOUR, VIRTUAL JAM SESSION



TIME	CONTENT	OBJECTIVE	SAMPLE PRACTICE
15 min	<b>Activity 1:</b> Welcome and Introductions	Get to know all participants and set the scene for a safe and semi-structured space for fruitful co-creating and healing conversations.	Visual mural of psychological safety and consent.
15 min	<b>Activity 2:</b> Alive and together	Fun, energising local practice which involves body, mind, spirit, and/or heart. Sparking solidarity.	Games, dances, songs, and expressive arts led by artists or fellow activists in the room.
20 min	<b>Activity 3:</b> Healing as one	Experiential mental health or wellness practice that provides a space for sharing wounds, burdens and freedoms. Collective care is built.	Healing circle with each individual sharing experiences based on a question.
5 min	Break		





## Two-hour, virtual Jam Session (continued)

TIME	CONTENT	OBJECTIVE	SAMPLE PRACTICE
45 min	<b>Activity 4:</b> Reimagining our ground	Visioning and dreaming exercise on grassroots perspectives in organising and resourcing.	Break out rooms with outputs on a shared board.
15 min	<b>Activity 5:</b> Sharing visions	Everyone shares their visions and finds connections or disconnections.	Single unifying mural or board.
5 min	<b>Activity 6:</b> Choreography of voices	Summary of events Final recommendations Individual commitments or promises	The group creates a solidarity poem, prayer or promise with each participant adding one line.



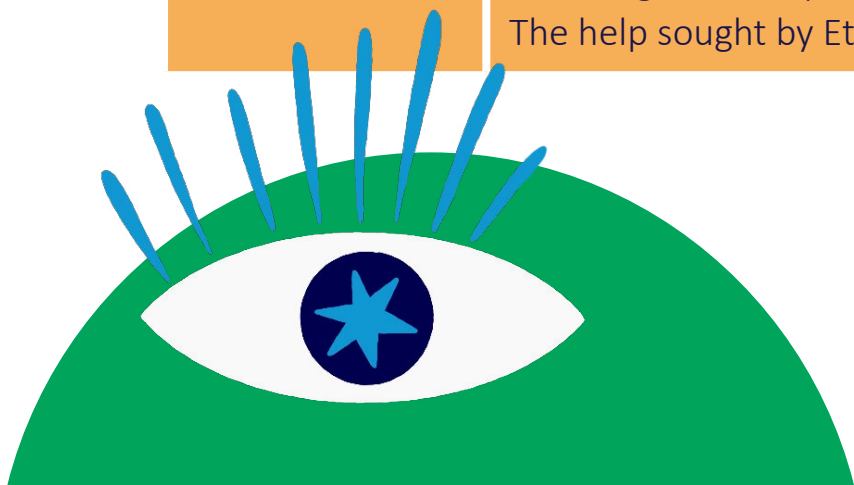


## 2. FULL DAY, IN-PERSON JAM SESSION



Jam Session: Ethiopian Edition

<b>AGENDA</b> Addis, Ababa, Ethiopia • 9:00 AM – 5:00 PM • 2 October 2021	
<b>09:00 – 09:10</b>	Welcome
<b>09:10 – 9:30</b>	Participant introductions: Throw and catch the ball activity
<b>09:30 – 10:00</b>	Icebreaker activity
<b>10:00 – 10:30</b>	<b>Tea break</b>
<b>10:30 – 11:00</b>	Resource mobilisation: Understanding how Ethiopian civil society organisations (CSOs) mobilise human and financial resources (roundtable)
<b>11:30 – 12:00</b>	Game
<b>12:00 – 13:30</b>	<b>Lunch</b>
<b>13:30 – 15:00</b>	Gaps in mobilising resources: challenges faced by Ethiopian CSOs (roundtable)
<b>15:00 – 15:30</b>	<b>Tea break</b>
<b>15:30 – 16:00</b>	Game
<b>16:00 – 17:00</b>	Reaching the best potential of our organisations: The help sought by Ethiopian CSOs





### 3. ACTION PLAN, JAM SESSION IN KENYA, 2021

#### ACTIONS – What will be done

##### 1ST JAM SESSION

- Introduction
- Safe space to talk about our mental health
- Collective healing
  - Selfcare tips

25 August 2021

##### 2ND JAM SESSION

- Introduction to the resourcing landscape for activism in Kenya
  - Challenges
- Impact of COVID-19 on the resourcing landscape

15 September 2021

##### 3RD JAM SESSION

- Recommendations on resourcing activism
- Open Q&A session
  - Conclusion

6 October 2021

#### WHO – Who will be invited

- Grassroots activists • Grassroots' funders • Gender equity activists
  - Mental health activists • Art and music therapist
- Environmental activists • Children's rights activists
  - Sexual and gender minorities activists

#### RESOURCES – What resources/support are available or needed

**Preferred platform:** Zoom

**Support needed:** Installing tools like Miro and Mural and learning how to use it, especially for smartphone users; early disbursement of funds to meet the participants halfway

#### KPIS – Personal expectations

- Better understanding of the resourcing landscape in Kenya
- Creation of safe and inclusive spaces to hold meaningful conversations between diverse groups of grassroots activists and funders
- More Jam Sessions hosted by individual grassroots activists
  - Power shifted closer to the ground
  - Creation of a powerful manifesto

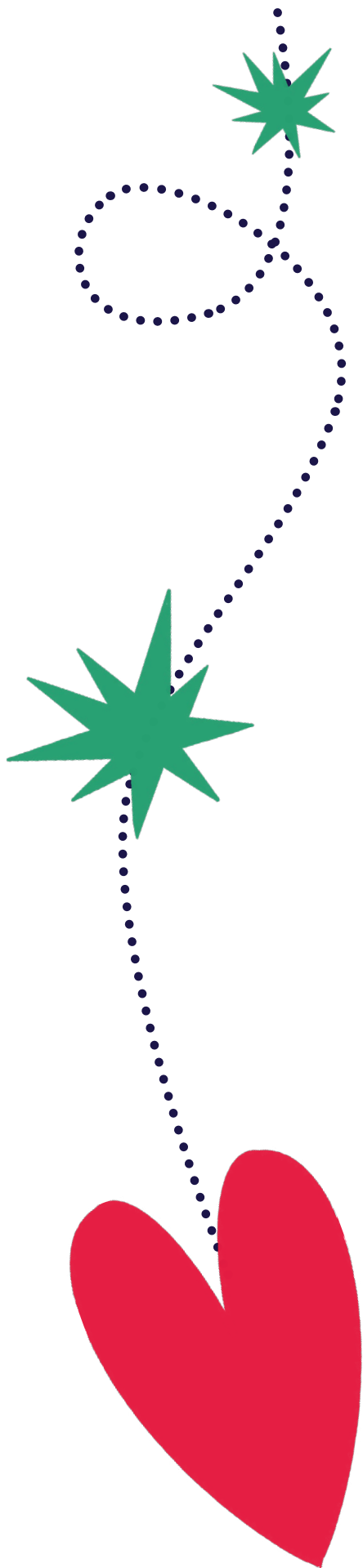
# POTENTIAL CHALLENGES

Jam Sessions hosts could face difficulties and challenges while trying to organise these events. At CIVICUS, we have supported several hosts in countries around the world who shared some of the challenges they faced:

- Struggling with competing commitments and lacking the time to organise the planned Jam Sessions.
  - We have encouraged previous hosts to identify someone from their networks who could replace them if they are unable to continue hosting their planned Jam Sessions. Hosts who are collaborating with CIVICUS can contact the CIVICUS team to find solutions.

*CIVICUS is building awareness among donors on the crucial need for resourcing safe, nurturing and healing spaces for activists.*





- You may find yourself with a guest list of participants that represent or identify themselves with the same group (for example, all men, all women, all young, all non-youth (above 30 years old), all students, all climate activists, all community service practitioners, all lawyers, etc.)
  - Stop and make an effort to reach out to diverse groups and ask your networks to invite other people.
  - Reach out to the CIVICUS team and they can help you to invite CIVICUS members in your country to your Jam Sessions.
- Needing more resources than the budget available.
  - CIVICUS has provided resources and support for selected Jam Session hosts to help cover some organisation and participation expenses. If you are collaborating with CIVICUS and have budget challenges, contact our team to explore alternatives.
  - We understand that finding resources to organise Jam Sessions independently can be a huge challenge. It is very rare to find donors and allies who provide flexible funding that activists and their groups can use for activities not strictly linked to project implementation, like for example these types of Jam Sessions or any other spaces to strengthen these groups. An important part of CIVICUS' advocacy focuses on building awareness among donors on the crucial need for providing more resources and support for safe spaces by and for activists. We are committed to driving a change in this area!

# REPORTING PHASE



Now that the session is over, take some time to congratulate yourself, acknowledge all the effort and time that you put into it and feel proud of what you have accomplished. Create your own “**victory dance**” and savour the moment.

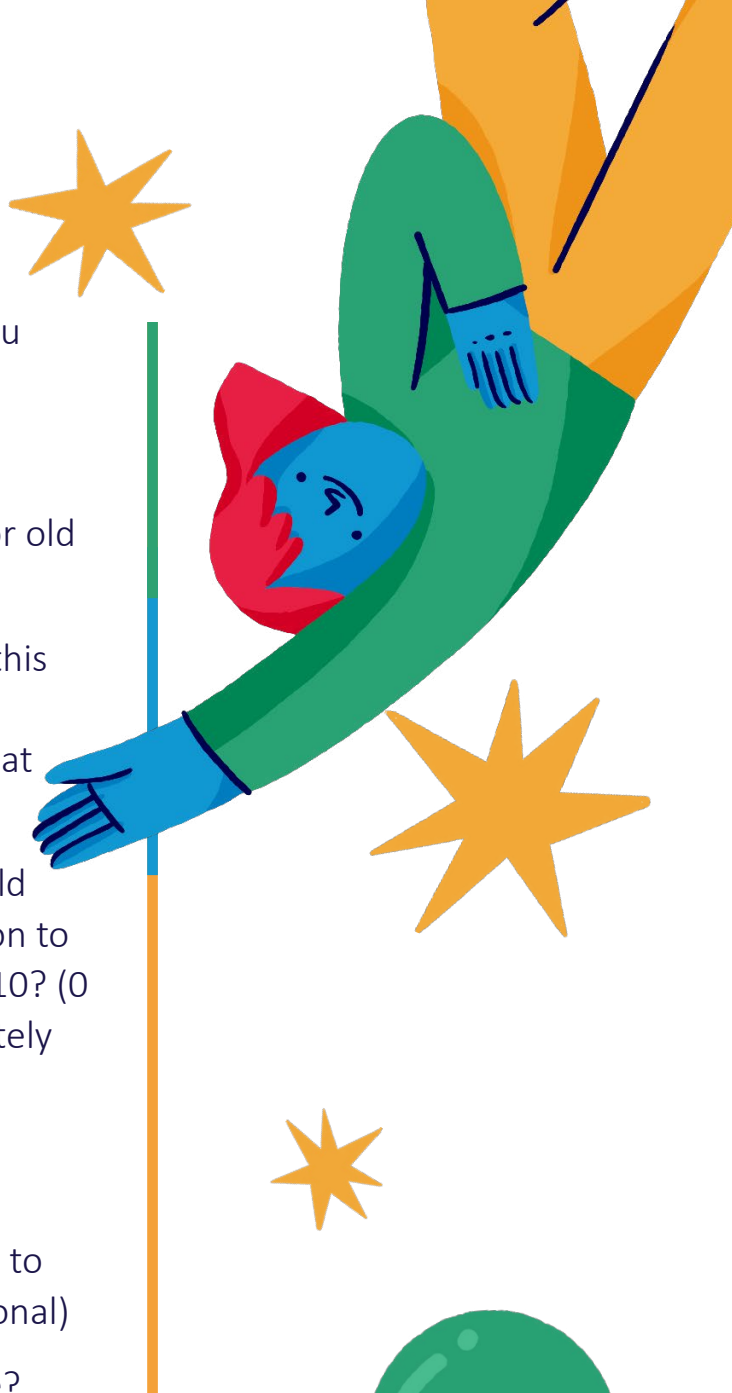





Data collection is a journey that plays a key role in the development and outputs of your Jam Session. If you use data results in a productive way it can help you shift your perspective, gather learnings and challenge the status quo.

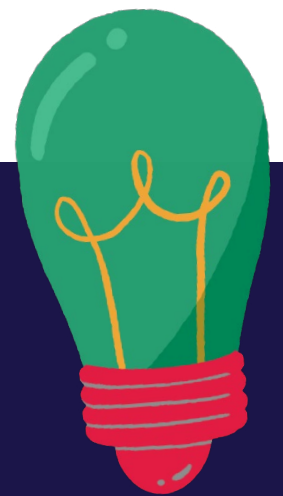
As soon as the Jam Session is over, while all the ideas are fresh, take 10 – 15 minutes to answer these questions, maybe in writing, so that you can save and share this information with others:

1. Name of your Jam Session
2. Date of the 1st Jam Session
3. Date of the 2nd Jam Session
4. Date of the 3rd Jam Session (optional)
5. Date of other Jam Sessions (optional)
6. How many people attended each Jam Session (on average)?
7. How would you describe the profile of the participants?
8. In your own words, how would you summarise the outcomes of the Jam Sessions?
9. Add links to broader descriptions of the collective vision your group created. (Notes, summaries, reports, pictures, videos, etc.)

- 
10. From 0 to 10, how valuable would you say was the space for you and your network to connect and strengthen bonds? (0 not useful at all – 10 very useful, new collaborations sparked, or old collaborations were renewed).
  11. What is your biggest takeaway from this experience as an organiser/host of a Jam Session? What did you learn, what surprised you, what did you like, etc.
  12. After this experience, how likely would you recommend hosting a Jam Session to someone in your network from 0 to 10? (0 is not recommended and 10 is definitely would recommend it).
  13. How would you like to share your reflections and learnings with your community or others to inspire them to run Jam Sessions of their own? (optional)
  14. Anything else you would like to share?



By sharing these reflections and outcomes from your Jam Sessions, you are contributing to the Grassroots Solidarity Revolution campaign, which is a larger effort to raise the voice and views of grassroots groups and change dynamics around resourcing.



# EXPERIENCES FROM PREVIOUS JAM SESSIONS



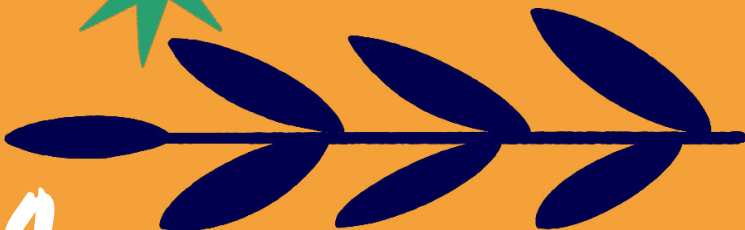
Since the launch of the Grassroots Solidarity Revolution campaign in 2021, we have provided guidance and financial support to 14 activists in different countries around the world to host Jam Sessions for other activists within and outside their groups and movements.



2021



2022



2023

## JAM SESSIONS 2021 – 2023




The guidance consisted of sessions to familiarise the [Jam Session](#) hosts with the [Grassroots Solidarity Revolution](#), the Jam Sessions' concept and share ideas and tips to host these events. They also received stipends to compensate the time invested organising and hosting the sessions and to cover other related expenses. We acknowledge that the lack of resources can be a limiting factor for activists who want to host similar events.

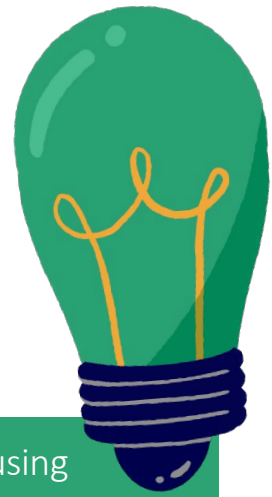
These activists hosted both virtual and in-person events. In 2021, most sessions happened online as many countries still faced pandemic-related gathering restrictions. In 2022 and 2023, most events were in-person. Some hosts organised one Jam Session, while others held up to three and the number of participants varied from 10 to 85 per event!

*Jam Session hosts received guidance to become familiar with the Grassroots Solidarity Revolution, the Jam Sessions' concept and share ideas and tips to host these events.*





All hosts remained true to the spirit of the Jam Sessions, placing joy and well-being at the core of the events and exploring issues about their resourcing realities. Some of them were very creative and hosted very unique events:



Activists in **Chile** organised a series of three Jam Sessions using fantasy role-playing games! These unique events were focused on building connections among feminist grassroots activists, promoting selfcare, discussing the situations experienced by grassroots activists and sharing how they envisioned an ideal funding landscape for grassroots activists. See their concept note [here](#).


In **Lebanon**, activists explored using theatre and role play during the Jam Sessions to allow participants to open up and create meaningful connections at a more personal level.

In **Kenya**, activists hosted an outdoors Jam Session in a very relaxing and peaceful location. They had time to strengthen their relationships and have a collective reflection about the funding needs for grassroots groups in their countries.

In **Mexico**, activists planned three Jam Sessions where the first two centred on discussing the barriers facing grassroots activists to access resources and then explored potential solutions. The third Jam Session was an opportunity to test a proposed solution: they hosted a 'solidarity community market' where activists sold handcrafts, traditional food and spices from their communities to mobilise funds for their work! Additionally, they celebrated a cultural and political march for indigenous rights, access to justice and political prisoners.








These are just a few examples of how activists can creatively adapt Jam Sessions to their needs and preferences.

Some of them also documented in creative ways the results of their conversations and the resourcing visions created.



### Outdoors Jam Session in **Kenya**, 2022



Analysis of the resourcing landscape for grassroots activism in **Kenya** that resulted from a Jam Session held in 2021. Detailed report [here](#).





Graphic recording from a Jam Session in **Nigeria**, 2021. Detailed report [here](#).

## WHEN CREATIVES MEET

Conversations on Activism, Healing and Solidarity



### Our Dream Board: Way Forward

Funded working group opportunities for young activists to focus on their passion rather than worry about funding for advocacy

Donors avoid working with solo activists without a registered organisation

### Challenges In Resource Mobilisation In Nigeria

Recommendations On Effective Resource Mobilisation In Nigeria

More Partnership with established organisations and organisations younger ones between 1-5 years

What has not worked for us, that affected us, and we feel sad about

Proper structuring, documenting and branding on one's initiative -

What has worked for us so far & we are grateful for?

Mutual Collaborations, mentoring and Volunteering led to success in my organisation and tasks

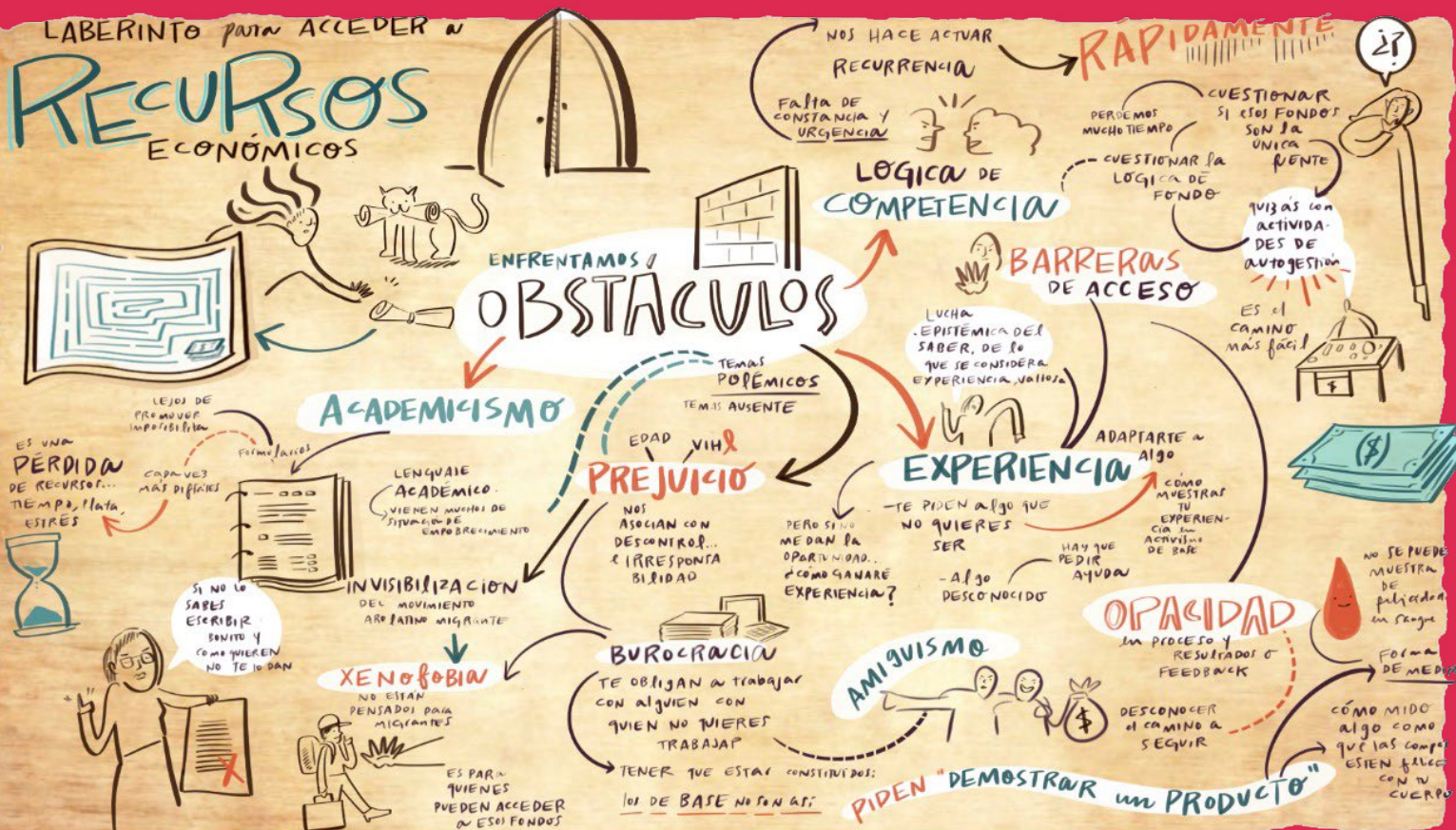
### Collective Healing - Self Care Tips

1. I love healthy meals and eating my favourite meal as my self-care.
2. Listen to Music and cry
3. Hangout and play games with friends

Supported by CIVICUS



Graphic recording from a Jam Session in **Chile**, 2021



# WHAT HAVE JAM SESSIONS: PARTICIPANTS SAID ABOUT THE EXPERIENCE?

“It was  
mind-blowing!”

“The Jam Sessions were a very enriching process, both personally and professionally.

We were able to see more broadly the different perspectives of our communities, as well as the ways to address the various challenges and obstacles we face to defend human rights. One of the things that we enjoyed the most was spending time with people from the different communities we accompany. It would have been hard to reunite them if not for this space.”

“The Jam Sessions allowed us to witness what are the specific needs to host a space like this, from the logistics to the content. The experience also showed me how activities that might seem quite simple can mobilise lots of ideas and build morale strength.”

“The Jam Sessions are a critical learning space for grassroots human rights defenders to exchange and share ideas, experiences, lessons learnt and define ways to respond to challenges. For defenders who act as first responders, it also offers a healing space for the traumas that accompany their work in the frontline of human rights activism and defence.”

“It was a great way to relax and have a conversation like never before.”



# ADDITIONAL RESOURCES

## CIVICUS RESOURCES

CIVICUS Data Privacy Policy:

<https://www.civicus.org/index.php/privacy-policy>

CIVICUS Event Principles

<https://icsw.civicus.org/documents/event-principles.pdf>

CIVICUS Youth Action Team 2017 Youth Assembly facilitation toolkit

<https://www.civicus.org/documents/toolkits/facilitation-toolkit-ya2017.pdf>

Innovation for Change Design Thinking Spell Book: <https://innomojo.net/>



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## MORE RESOURCES

**Association for Women's Rights in Development (AWID) Workshop Guide:**

Toolkit to help amplify the voices of young and inter-generational feminist collectives around the globe, providing a common structure for such conversations.

<https://www.awid.org/resources/beijing-unfettered-workshop-guide-online>

**Authentic Relating Games List:** Collection of games designed to create more depth, fun and intimacy for participants as well as tips for facilitators.

<https://silo.tips/download/authentic-relating-games-night-handbook>

**Authentic Relating Methodology:** An approach to cultivating more genuine, fulfilling, and mutually rewarding relationships in any context.

<https://medium.com/authenticrelating/what-is-authentic-relating-3940fd483e36>

**Creating intimacy with any person you meet:** Questions helping you to identify who you can trust in your life.

<https://medium.com/better-humans/how-to-instantly-create-intimacy-with-any-person-you-meet-7edfcc435c10>







**Common Humanity Meditation:** Exercise to reflect on the aspects that you share in common with fellow activists and human beings.

[https://ggia.berkeley.edu/practice/common\\_humanity\\_meditation](https://ggia.berkeley.edu/practice/common_humanity_meditation)

**The Community Tool Box™:** Website that provides practical guidance, tips, tools, and how-to information on a wide variety of community skills. It is intended to benefit community leaders and workers of all kinds and in all settings across the globe, as well as all those who want to build stronger communities. <https://ctb.ku.edu/en/>

**Database of Best Practices in Community Building:** Comprehensive collection of practices to foster community engagement, building and development, organised by area of focus.

<https://ctb.ku.edu/en/databases-best-practices>

**The Experimental Generation of Interpersonal Closeness:** Study explaining the science underneath the effectiveness of the 36 questions game. <https://journals.sagepub.com/doi/pdf/10.1177/0146167297234003>



**Exploring the Relationships between Facilitation Methods, Students' Sense of Community, and Their Online Behaviours.**

<https://files.eric.ed.gov/fulltext/EJ1105938.pdf>

**Sense of Community:** There are four elements that comprise the sense of community: membership, influence, integration and fulfilment of needs, and shared emotional connections. With the four components, a community can be successfully developed.

<https://sites.psu.edu/aspsy/2014/04/07/sense-of-community/>

**Shared Identity Exercise:** Discover what kind of things you have in common with a person who might seem to be a stranger.

[https://ggia.berkeley.edu/practice/shared\\_identity](https://ggia.berkeley.edu/practice/shared_identity)

**Successful Human Rights Tactics:** List of strategies from all over for the world for effective activism action and community building.

<https://www.newtactics.org/tactics>

**36 Questions for Increasing Closeness:** List of questions to inspire you to build more intimacy when engaging with other people.

[https://ggia.berkeley.edu/practice/36\\_questions\\_for\\_increasing\\_closeness](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness)

