



Peace to Peacebuilders (P2P): Strengthening Peacebuilders Resiliency in Crisis Situations

Mission

To establish a network of resilient peacebuilding practitioners, providing a safe space for listening sessions, meaningful dialogues, and wellness-focused training to support local and global peacebuilders.

Vision

To enhance the psychological resilience of local and global peacebuilders by nurturing emotional, mental, physical, psychological, and spiritual well-being, enabling them to be effective, efficient, and equally peaceful individuals.

Background

Local and global peace practitioners operate on the frontlines, delivering services, advocating for human rights, and responding to humanitarian needs in complex and highly tense armed conflict areas in Asia and elsewhere. However, their passion and dedication do not exempt them from experiencing physical, mental, and emotional health issues. Since 2020, we have witnessed how armed conflicts and the COVID-19 pandemic exacerbated the challenges peacebuilders face on the ground, necessitating immediate attention.

Project Components

1. Needs Assessment and Module Development
 - The Project Team (PT) conducted online research, interviews, and focus group discussions to understand peacebuilders' current situation in Asia.
 - In-person consultation meetings were held in April 2022 with Asian Peacebuilders Scholarship alumni, Salzburg Global Seminar fellows, and University for Peace alumni.
 - A training module was developed based on peacebuilders' experiences, coping mechanisms, and suggested self-care practices, emphasizing empowerment, education, and social approaches.
2. Capacity-Building Training Workshop
 - A pilot training using Resilience and Wellness modules will be conducted.
 - Participants will acquire knowledge, skills, and attitudes to navigate stressful situations in both personal and professional life.
 - Topics include understanding stress, identifying social support, coping strategies, and building personal resilience plans.
3. Establishing a Peer Support Network (Online and Offline)
 - An online and offline support group will provide safe spaces for listening sessions, meaningful dialogues, and mutual encouragement.

- Plans to have a bi-monthly online wellness sessions (e.g., yoga, meditation, Non-Violent Communication, Empowerment Self Defense).
 - Offline Peer Support Networks will facilitate in-person dialogues and mutual support among peacebuilders.
4. Monitoring and Evaluation
- Regular assessments (pre and post) will gather participant feedback to improve Wellness and Resilience Training and the Peer Support Network.

Outcome

- Strengthened resilience among peacebuilders.
- Empowered peacebuilders to handle stress and professional demands.
- Organizations embedding a culture of wellness and resilience to promote safe and supportive work environments.

Project Team

- Lead: Jamila-Aisha P. Sanguila, Founder of Women Empowered to Act for Dialogue and Peace (Email: jamilaaishas@gmail.com)
- Member: Angel Marie A. Ysik, Independent Consultant (Email: angelmysik@gmail.com)

Published Articles

Jamila wrote several articles and published them in the Diplomatic Courier

1. [How Peace Practitioners Can Better Cope with Crises \(diplomaticcourier.com\)](https://diplomaticcourier.com/article/how-peace-practitioners-can-better-cope-with-crises/)
2. [Women peacebuilders continue to navigate gendered challenges \(diplomaticcourier.com\)](https://diplomaticcourier.com/article/women-peacebuilders-continue-to-navigate-gendered-challenges/)

Consultation Video:

1. [APIF: Peace to Peacebuilders \(P2P\) Consultation Video 2022 \(youtube.com\)](https://www.youtube.com/watch?v=APIF:Peace-to-Peacebuilders-(P2P)-Consultation-Video-2022)
2. [Post | Feed | LinkedIn](#)

Collaboration and Engagement

Jamila, one of the co-creators of the [Peace Starts Here - the global movement for local peacebuilders](#), has maintained collaborations and engagements with other local peacebuilders. She has incorporated the P2P vision into the [Peacebuilders' Manifesto](#), which aims to support and strengthen local peacebuilders. The manifesto focuses on building the capacity and resilience of local peacebuilders, enabling them to actively participate in sustainable peacebuilding efforts and establish trust with policymakers, funders, and donors