



our *
purpose *
*

Fellowship for Liberated Futures (FFLF) is a restorative-based professional development program that supports healing, wellness, and well-being for front-line leaders who are committed to racial and climate justice in historically marginalized communities.

We center rest, healing, and self-determination as foundations for sustainable leadership. We support organizers, practitioners, and visionaries working across movements and grassroots organizations.

Our inaugural cohort experience illuminated a critical truth: Leader sustainability is movement sustainability. Fellows arrived deeply conditioned by productivity culture, their self-worth entangled with overwork. Through three carefully designed retreats and sustained coaching, they underwent profound shifts—from guilt-laden pauses to strategic rest, from burnout recovery to embodied leadership practice.

* * *

2025 insights report

rest is embodied
leadership practice

the rest-filled
transformation journey *
*
*

Stage 1 – Awareness & Unlearning | Retreat 1 – Arizona

- **Starting Point:** Fellows carried decades of internalized grind culture, systemic overwork, and cultural narratives tying worth to productivity. Many were recovering from burnout and health challenges.
- **Shift:** Unlearned the belief that rest must be earned. Named systemic racism, patriarchy, and capitalism as forces of rest deprivation.

Stage 2 – Embodied Practice & Safety | Retreat 2 – New Orleans

- **Middle Point:** Rest became less theoretical and more embodied through sensory rituals, cultural safety, and collective space.
- **Shift:** Saw rest containers as sacred and essential for well-being.

Stage 3 – Expansion & Leadership Integration | Retreat 3 – Miami

- **Turning Point:** Began integrating personal rest into team practices and organizational culture.
- **Shift:** Built strategies to protect rest, model it publicly, and resist white supremacy culture.

Stage 4 – Transformation & Commitment | Exit Interviews

- **End Point:** Left with sustainable rest practices, deeper resilience, and a commitment to advocate for sector-wide shifts.
- **Shift:** Rest became a political strategy for liberation, not just personal survival.

the vision

* * *

To center rest, healing, and self-determination as foundations for sustainable leadership. To support organizers, practitioners, and visionaries working across movements.



our mission

We deliver rest-and a justice-centered fellowship programs for leaders on the frontlines of climate and justice works

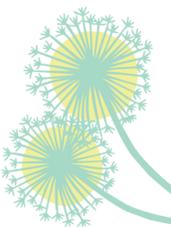


key learning and insights

- 01** Grassroots and movement leaders do intensive work-often over the long-term, so our efforts to cultivate embodied leadership require robust approaches. Moving forward, fellows will have access to coaches for the program duration. We will continue hosting three annual in-person retreats, as time together supports unlearning and transformation.
- 02** Fellows are modeling sector transformation. They are embedding rest in their organizational cultures, redesigning workflows around joy, and challenging funders to resource leader well-being alongside programmatic outcomes. As one fellow declared: **"Caring for leaders in the present is how we make the future possible."**
- 03** When we resource rest as embodied leadership practice, we do more than prevent burnout. We cultivate sustainable, joyful leadership across movements and grassroots organizations. Rest, practiced collectively, becomes a political strategy for liberation.



fellowship components



in-person retreats

in culturally resonant locations, time away from daily demands, and opportunities for deep connection were cited as the most transformative elements



flexible, individualized support

and funds for wellness, somatic support, or coaching



1:1 coaching

and personalized guidance to help fellows reframe leadership challenges, set boundaries, and integrate rest into practice



community engagement activities

Virtual Sessions, Book Club, and Resilience Resets

by the numbers

1st
inaugural
cohort PRIVATE EVENT



9
executive leaders
and founders

3x3
3 Retreats in 3 Cities

- 📍 Civana, AZ
- 📍 New Orleans, LA
- 📍 Miami Beach, FL

15
coaching sessions

“

“The coaching helped me remember I’m a whole person, not just my work.”

- CHERYL

6
virtual convenings

4
Guiding Principles

Rest is a right,
not a reward

Self-determination is
a tool for liberation

Healing is essential
to leadership

Collective care
sustains movements

5x

resilience

= r e s e t =
sessions

geographic
distribution *
*
*

1

fellow in dc
fellow in the bay area
fellow in the northeast
fellow in barbados



7 — fellows in the south

2 < fellows in the southwest
fellows in the pnw
fellows in dc (org)

4
Domains of Expertise

- ☑️ LGBTQ+ Advocacy and Justice
- ☑️ Food Justice & Land Stewardship
- ☑️ Climate & Environmental Justice
- ☑️ Government & Energy Policy

17 total fellows

619
years of
collective wisdom

Watch Cohort 1 reflections and wishes for future cohort members



get to know us

* * *

Fellowship for Liberated Futures (FFLF) supports the healing, wellness, and wellbeing of Black women and femmes* who are on the frontlines leading justice work. This program is led by Dr. Chera Reid, ProInspire, and The Chisholm Legacy Project.



watch



I don't dream of labor... I dream of joy. If we have to work, let it be rooted in joy, not trauma.

- DIAMOND

read

Rest in Practice: Emerging Lessons from our Rest Fellowship

A Journey Exploring Rest and Repair: Introducing Fellowship for Liberated Futures

Promoting Celebration and Rest for Black Women and Femme Social Justice Leaders

listen

Dr. Chera Reid on the Breathing Through Podcast

Listen now on Apple Podcasts

Join our bi-monthly meditation session called The Resilience Reset

meditate

follow



Program is funded by
The Kresge Foundation
Freedom Together Foundation
McKnight Foundation



Countless laughter, connections, moments and memories