



# NEWSLETTER 4 # JANUARY 2026

**Welcome to the second Resilient Responders Project newsletter!**

In this edition, we share important updates from our work to strengthen the psychological resilience of professionals responding to natural disasters.

## Ongoing Training for Resilient Responders

Between September and December 2025, our partners are delivering online and face-to-face training sessions designed to help disaster responders manage stress and build resilience.

More than 120 participants have already joined the sessions, engaging in discussions about mental well-being and practising hands-on tools to cope with crisis situations.

The training covers six key areas, from psychological resilience and stress management to communication and leadership skills during emergencies.



## Coming Soon: Best Practices & Practical Toolkits

- We are now preparing a set of best practices and useful toolkits based on the project's core modules.
- These materials will offer simple, practical methods that responders can apply in their daily work to strengthen self-care, emotional regulation, peer support, and decision-making under pressure.
- Our aim is to provide clear, accessible tools that improve responders' long-term resilience.



**Stay tuned**





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## Upcoming Features of Our Platform

We are expanding our platform with new interactive and practical resources designed to support responders throughout their resilience journey. Soon, users will have access to:

- Skills Cards: quick, easy-to-use cards summarising key resilience skills.
- Interactive PPTs: visually engaging presentations based on our training modules.
- Exercises & Activities: hands-on practices that responders can apply immediately.
- Real-Life Scenarios inspired by actual disaster-response experiences.
- Self-Assessment Tools: short check-ins to track personal progress.



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## Our Partners



Kahramanmaraş Sütçü İmam  
University, Türkiye



Asociación AHORA ONG,  
Spain



Trend Education NGO,  
Kahramanmaraş, Türkiye



European Grants International  
Academy SRL, Italy



Institute of Entrepreneurship  
and Development, Greece



Animam viventem Association,  
Portugal