



# indranis light foundation

*Global solutions for Gender Based Violence*

## WELCOME

You are receiving this special “Caregiver Package” from Indrani’s Light Foundation because we care about you. Our mission is to support caregivers, like you, in women’s shelters by helping reduce compassion fatigue and burnout.

After conversations with shelters, we heard a deep concern about staff work-related “burnout.” The work your staff does is demanding on the caregivers’ mental, emotional, physical, and psychological well-being.

## CAREGIVER PROJECT

We have developed a unique, specialized, and completely **FREE** training curriculum designed for your staff. This training is focused on teaching your caregivers the tools they need for healthier boundaries, better self-care, and improved relationships, so they can maintain the energy and passion they need to support the women and children in their care.

## WHAT IS Indrani’s Light Foundation?

Indrani Goradia founded Indrani’s Light Foundation in 2006 with a vision to end gender-based violence globally. Indrani is an acclaimed author, speaker trainer, coach and philanthropist. Indrani has assembled a team of certified trainers to deliver the Caregiver Project. **The training is completely FREE to your shelter, and we travel TO YOU, as we recognize the value of your time and your staffing needs.**

Please enjoy the contents of this care package as a “hello” and introduction to Indrani’s Light Foundation’s work. We look forward to working with your staff in the future.

Love and light,

Team ILF

(P.S. Please email Amy Jaffe at [amy@indranislight.org](mailto:amy@indranislight.org) for questions and more information).

