

inspiring  
individuals

strengthening  
organisations

Get  
Moving!

### Join other GBV Prevention Network Members on this journey!

*Get Moving!* is already changing people's lives. Here is what they are saying:

*Get Moving!* brings in a new aspect of addressing VAW. The whole idea is focusing not only on **what** we are doing but **how** we are doing it. Understanding what we need to change not only in terms of program approaches, but in terms of values attached to the work.

- Centre for Rights Education and Awareness (CREAW), Kenya

At the end of the day *Get Moving!* is like a therapeutic session free of charge. No one gives you the solutions you have to come up with the solutions.

- Agisanang Domestic Abuse Prevention and Training (ADAPT), South Africa

When we started *Get Moving!* we were like a germinating seed. We realized what was challenging in our lives, and related these to our work and people we are trying to speak on behalf of. We are still growing but we have a better understanding of VAW and are going to blossom.

- Young Women's Christian Association (YWCA), Zambia

### Process of Discovery

**Are you the director of your organization?** Commit to *Get Moving!* and join other leaders in the region! Make the decision today to be part of a powerful new initiative that will strengthen your staff, enhance your organizational culture, elevate the quality of your work and have an impact on women's lives in longer lasting ways.

**Are you a staff member?** Ignite change in your organization. Gather organizational support by speaking to the director, speaking to staff, and committing to planning for the sessions. Make the decision to lead a process of transformation and growth, not only for yourself but for your organization and the field of VAW prevention in the region.

Write to us at [info@preventgbvafrica.org](mailto:info@preventgbvafrica.org) or call +256 41 4531186 to get started!

Let's *Get Moving!*



[www.preventgbvafrica.org](http://www.preventgbvafrica.org)

inspiring individuals  
strengthening organizations  
creating a VAW prevention movement

# creating a violence against women prevention movement

## Why *Get Moving!*?

- ✿ Get inspired as an **individual!** – critically examine your values and identities
- ✿ Strengthen the **organization!** – enhance organizational culture and integrity by living the values of VAW prevention
- ✿ Get connected as a **movement!** – understand unity and the positive power of working together in solidarity

## What is *Get Moving!*?

It's a powerful internal process that enhances the quality of organizations working to prevent violence against women (VAW).

The process involves intensive self-reflection at an individual and organizational level allowing us to reflect not only on **what** we do but **how** we do it.

It strengthens the commitment of individuals and organizations to the core values behind our work – equality and non-violence.

It helps us positively touch and impact more lives in lasting ways.

*Get Moving!* is your call to action!

## Who can *Get Moving!*?

**Everyone!** From support staff to program staff, supervisors to senior management – all staff including the director are equal participants in the process.

## How to *Get Moving!*

Ten provocative topics encourage deep individual and collective reflection, revealing insights that are key to achieving a higher quality of work.

**The *Get Moving!* package contains:**

- A Facilitator's Guide: detailed instructions for conducting interactive sessions, building shared knowledge, and supporting positive change within organizations.
- A Participant's Workbook: a notebook and reader in one, given to each participant, to foster private reflection at home and increase engagement with *Get Moving!* ideas.

