Within the aid sector, superhero and superheroine stereotypes tend to thrive against notions of self-care, which are often perceived as a luxury, rather than an essential accountability to oneself as an aid worker.

It is important to remember that inside the role you carry out everyday with passion, is a human being. A human being that is connected and supported by family and friends. A human being that is worthy of receiving and giving love. Remain grounded in this reality.

the healthy nomad
Live the truth of who you are, be resilient and positive change in the world.
You have the power to do good, be well, and live your life in the now.

Together, promote diversity, tolerance and peace through rhythm and movement.
Listen, feel, and see where positive action can take you.

why?
aid workers that drive powerful action

how?

music that unearths authentic purpose

knowledge & conversation that ignites positive change

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