

## EFFECTIVE BOARDS FOR STRONGER MOVEMENTS.

*A practical course for lasting impact.*

Social movements – groups of people who organise around a theme to challenge the status quo – make a real difference. Think of grassroots organisations, civil society initiatives, or networks of changemakers.

But leading a movement is challenging: how do you stay on course while growing, facing pressure, or navigating (political) challenges? That's why Social Movement Lab developed a practical and inspiring pilot course. In five short online sessions, you'll learn how to guide your movement forward as a board member with more confidence, structure, and energy.



### For whom?

This course is for board members of (international) social movements who:

- Want to strengthen their leadership and strategy
- Seek more control over structure and meetings
- Look for balance between bottom-up energy and board-level responsibility
- Aim to develop themselves and their movement in a sustainable way

### What will you gain?

After 5 sessions you will have:

- A clear vision and mission to guide your movement
- Strategies to stay on course during growth and pressure
- Insight into board roles, governance models, and practical meeting techniques
- A framework to effectively lead and engage staff, leaders, and volunteers
- Tools for conflict management and continuity
- A personal plan for healthy and sustainable leadership
- Direct connections with board members from across the country and abroad



## TRAINERS



### Frank Hoes

Experienced board member, 20+ years as a governance trainer and advisor



### Emmy Mol

Experienced board member and former Chair of Volt Netherlands

## SUBSCRIBE TODAY:

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## PRACTICLE

- Duration: 5 × 1.5-hour online evening sessions from 20:00 to 21:30 CET, plus homework assignments of 1–2 hours per session.
- Dates: November 3, November 17, December 1, January 12, February 2
- Investment pilot course: €199 excl. VAT (instead of €399 per person excl. VAT) and 50% discount for a second board member from the same organisation.
- Language: Dutch or English, depending on the participants
- Format: Focus on behavioural change through a mix of live sessions (peer exchange, reflection, exercises) and self-study

## Lesprogramma

### Session 1 — Mission & Strategy

- Formulating vision and mission, setting priorities
- Values as a compass
- Long-term thinking
- Environment & stakeholders

### Session 2 – The Role of the Board

- Unique role
- Tasks and responsibilities
- Balancing governance and bottom-up energy

### Session 3 – Structure & Effective Meetings

- Governance models (traditional vs. horizontal)
- Impactful agendas and results-oriented meetings

### Session 4 – Bottom-up Organising

- Participation and engagement of volunteers and staff
- Creating space & setting boundaries, conflict management

### Session 5 – Leadership & Self-care

- Boundaries, power and vulnerability
- Personal learning goals & reflection
- Burnout prevention

**Extra/Optional:** Peer exchange session on the learnings, one month after the final session

**Ready to take your board to the next level? Questions?**

**I'd be glad to help you:**

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