



KARL KAHANE
FOUNDATION

2026 Capacity Strengthening & Resilience program

Launch session

Agenda

1

Why?

Why should I or others in my organization take part? And a quick poll and peer discussion about the specific challenges you're running into right now.

2

Roadmap

Understand how the Program works and hear from the coaches?

3

Success Story

What can I expect? Hear from a partner who has already experienced the program.

4

Q&A

Are you missing any information?

Why should I take part?



Problems partners are facing are so similar, there is a feeling of 'togetherness'

The group format gives me a break from all the stress

An incredibly valuable experience for my growth and maturity

Roadmap

Continuous Individual Coaching: Available all year Module and booked directly with the Kairos Project link



When you register, you will be asked to select your availability for an initial coaching and alignment session. You will then receive a confirmation of your booking and an invitation to select an AM or PM option for the Program starting in September. You will receive calendar invitations automatically upon confirming your selection. There will be hard skills training offered too this year but this will also be based on the outputs from the initial coaching & alignment session (it may not be the same as last year). You can still opt-out of sessions if they don't match your needs.



The Karl Kahane Foundation – The Kairos Project Capacity Strengthening & Resilience Program (CS&R) 2026-27

Learning & Development Spaces

Introductory Coaching & Alignment

- 1:1 introductory coaching sessions, 1h (July – September)
- Participants can share general key themes anonymously
- Kairos coaches Katerina, Paola, Alexandra and Jo

Self-directed Learning Modules

- 5 x thematic pre-recorded video modules, 20 min each
- Reflection and practical exercises
- 3 x deepening Somatic Practice Video Shorts, 10 min
- Learning & Practice Guide

“live” Group Practice Sessions

- 5 rounds, 1.5 hrs each, am/pm
- 15 participants
- Guided interactive learning, collective sharing
- 3 x drop-in Immersive Somatic Practice Sessions to deepen

Personalised Coaching

- 1:1 coaching sessions, 1h
- Wide choice of Kairos coaches
- Needs-based, ad-hoc booking
- Available all year, subject to availability

Initial Coaching & Alignment Session

Purpose – to get a flavour of what you can expect from the coaching; to share your current challenges in a confidential space

What

- Initial 1-hour coaching session, virtual
- Please book between end of June and early September
- Kairos coaches: Katerina, Paola, Jo and Alexandra
- Scheduling on secure online platform
- Coach will capture key themes in an anonymous and non-attributable format



Live Group Practice Sessions

Purpose – build community and share experiences and challenges in a structured format

What

- 5 rounds, 1.5 hrs each, Morning and Afternoon slot
- Interactive learning, facilitated by Kairos, collective sharing
- New this year: 3 x drop-in Immersive Somatic Practice Sessions to deepen the learning in a body-centred way



Self-directed Video Modules

Purpose – build awareness and skills through conceptual input and practical exercises tailored to your context

What

- Topics will be finalised at the end of August, taking into account the general themes arising in the coaching & alignment sessions
- Videos are bespoke and pre-recorded by Kairos team
- Time investment 20 minutes max.
- New this year: 3 x deepening Somatic Practice Video Shorts on specific topics

Further Resources in Learning & Practice Guide



Ongoing Personalised Coaching

Purpose – to explore new perspectives and ways of being, help apply the learning and move through challenges

What

- 1-hour coaching sessions, virtual
- Wide range of Kairos coaches available in a variety of languages
- Scheduling on secure online platform
- Short feedback form at the end of each session
- Needs-based, ad-hoc booking available all year, subject to availability



The Kairos Team



Success story



Do you have any questions?

Please unmute your microphone to ask a question.



Or write your question in the chat box.



Sign up for capacity strengthening now!



<https://thekairosproject.org/karlkahanefoundation/>

FAQs 1/3

Program Details

- **Can more than two people participate?**

We may be able to accommodate additional participants based on unused slots from other partner organizations. For this please get in touch with Zofia (fitzpatrick@karlkahanefoundation.org).

- **What is the difference between this year's program and last year's?**

While some topics may overlap, this year's program will be highly customized, based on the themes emerging from the initial coaching & alignment sessions. The somatic immersive drop-in sessions and video shorts are a new addition.

- **How many modules must I attend? Do I have to attend the somatic immersive drop ins?**

Program attendance is not mandatory. However, to create a strong group dynamic, we recommend attending at least 3 out of 5 sessions. The somatic immersive sessions are also optional. Please feel free to tailor the program elements to your needs.

- **Is there a certificate of completion?**

No, as we view capacity strengthening as a continuous learning process rather than hard-skill training, a certificate is not provided.

- **What topics will be covered?**

Topics will be determined by the themes gathered during the initial coaching and alignment sessions with partners. Calendar invites and application platform details will be updated by the beginning of September at the latest. The Karl Kahane Foundation will also add further training on specific hard skill topics based on outputs from the initial coaching and alignment sessions. These could for instance be on use of AI, donor management or storytelling and will not necessarily be the same as last year (ie. Emergency resilience provided by Choose Love). Zofia will be in touch regarding registration and scheduling of these additional trainings.

- **Is there a cost to participate?**

No, the Karl Kahane Foundation offers this program to all long standing partner organizations as part of our strategy to promote the long term sustainability of our partners.

- **Who from our organization is the ideal participant?**

We leave this up to you to determine. As a guidance you may choose someone in the organization who is experience change in the organization.

- **What language will the program be conducted in?**

The Peer Group sessions are held in English. You can select your Kairos coach from a wide range of languages including Greek and Italian for instance (see slide number 12).

FAQs 2/3

Registration and Attendance

- **How do I sign up for the Program?**
 - 1.Register for the initial coaching & alignment session with Kairos.
 - 2.Receive a confirmation email, followed by a second link to sign up for either the Tuesday AM or Thursday PM peer group slots.
 - 3.Calendar invites will be sent automatically after registration.
- **What is the registration deadline?**

The initial coaching & alignment session must be completed before the Program begins in early September.
- **What is the Program Schedule?**

Session & Topic	Date & Time (CET/CEST)		Participation Type
Launch Sessions	Thu June 23 (Option AM): 10:00–11:00 or Tue June 25 (Option PM): 14:00–15:00		Information sharing
Initial Coaching & Alignment	1-to-1 (Scheduled individually)		Mandatory (Complete before Module 1)
	Option AM	Option PM	
Peer Group: Module 1	Tue Sept 8 (Option AM): 10:00–11:30	Thu Sept 10 (Option PM): 14:00–15:30	Core Program
Peer Group: Module 2	Tue Oct 6 (Option AM): 10:00–11:30	Thu Oct 8 (Option PM): 14:00–15:30	Core Program
Somatic Immersive 1	Tue Oct 20: 10:00 – 11:00		Optional Drop-in <i>(No registration required)</i>
Peer Group: Module 3	Tue Nov 3 (Option AM): 10:00–11:30	Thu Nov 5 (Option PM): 14:00–15:30	Core Program
Peer Group: Module 4	Tue Jan 12 (Option AM): 10:00–11:30	Thu Jan 14 (Option PM): 14:00–15:30	Core Program
Somatic Immersive 2	Thu Jan 28: 14:00 – 15:00		Optional Drop-in <i>(No registration required)</i>
Peer Group: Module 5	Tue Feb 16 (Option AM): 10:00–11:30	Thu Feb 18 (Option PM): 14:00–15:30	Core Program
Somatic Immersive 3	Thu Feb 25: 14:00 – 15:00		Optional Drop-in <i>(No registration required)</i>

FAQs 2/3

Registration and Attendance

- **Can someone participate who didn't join the launch session?**

Individuals who missed the launch session can still join, but it is recommended that they review the information slide pack beforehand to understand program expectations.

- **If I have further questions who do I contact?**

For questions regarding program registration, contact Zofia Fitzpatrick (fitzpatrick@karlkahanefoundation.org), the program coordinator. For technical difficulties joining a session, contact Alexandra (alexandra.montgomery@thekairosproject.com), as the sessions are led by the Kairos Project team.

Resources

- **Are the sessions recorded?**

Peer learning sessions are not recorded. They are a dedicated safe spaces for our partners, and all shared information is treated confidentially.

- **Where can I access the training materials?**

You will receive a link once you are registered (which will also be available on the application platform) to access all the program materials.

- **For how long will the materials be available for after the program?**

Training material will remain available on the application portal for all running partners. Partners will be informed in advance if the material is migrated in the future.