



ANNUAL REPORT 2022



**Together we are stronger
Ensemble, nous sommes plus forts**

CoCreate Humanity (CCH)

Humanitarian Peer Support Association
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I. MESSAGE FROM THE CO-FOUNDERS

Hélène Ros, Christoph Hensch and Sébastien Couturier

The year 2022 has been a busy one for CoCreate Humanity. The association stood out for the regularity of its online and face-to-face events, with a well-anticipated agenda. And its network of mental health professionals and institutional contacts has significantly expanded. Perseverance has paid off.

What is CoCreate Humanity?

CoCreate Humanity (CCH) was co-founded on August 30, 2019 in Geneva, Switzerland. The three co-founders, Hélène Ros, Sébastien Couturier and Christoph Hensch, come from the International Committee of the Red Cross (ICRC) and have been volunteers with the association since its creation. The association supports aid workers suffering from post-traumatic stress disorder, burnout and stress, and pays tribute to those who have lost their lives in the course of their humanitarian mission, or who have been injured, kidnapped or imprisoned.

CoCreate Humanity offers a neutral, impartial and caring space for dialogue, detached from employer organizations. Its peer-support initiative complements what already exists within organizations.

CoCreate Humanity is an essential association as the world's first community of humanitarian peers. It offers a real decompression chamber, a first step in the healing process, for those involved in the humanitarian sector who fear the stigma of asking for help.



The existence of CoCreate Humanity underlines that the application and sharing of humanitarian values must be exercised not only with the beneficiaries of humanitarian support programs, but also within the organizations behind these programs, without distinction between the local worker often rooted in a perpetually hostile

environment, and the "mobile" expatriate who goes on mission to numerous conflict and/or natural disaster zones around the world.

The year 2022 has revealed that CoCreate Humanity remains a genuine information platform for the humanitarian community, and the need to organize events to raise awareness of the importance of mental health and psychosocial well-being in the humanitarian sector.

The three co-founders continue to work intuitively, co-creating in line with their personal values of caring, respect and solidarity. The year 2022 will undoubtedly be one of action and realization!

Who are the three co-founders?

Hélène Ros worked for four years at the International Committee of the Red Cross (ICRC). Unlike her two colleagues, she has no "field" experience. Originally from Lyon in France, she dreamed of joining the Bioforce training center to work in the humanitarian sector. As the eldest daughter of two Khmer genocide survivors, she is collateral damage of post-traumatic stress disorder and grew up in a culture of silence. The transgenerational trauma she discovers at the birth of her daughter and other traumas in her life path have developed her strong resilience, adaptability and creativity. In 2019, Hélène met Dr. Daniel Dufour, a former war surgeon and medical coordinator for the ICRC, who trained her in the OGE method, "the other side of the ego". This encounter was a key step that would influence the way she co-constructed CoCreate Humanity.

Sébastien Couturier has worked for eighteen years in the humanitarian sector, fourteen of them on the front line in sensitive operational zones. Trained as a mechanic, he followed his family to Tanzania to become a beekeeper, and it was his knowledge of the African region that enabled him to be recruited by the ICRC as a logistician. Sébastien has been the victim of several security incidents in the field. Sébastien is certified in Humanitarian Logistics (CLH), and since the creation of the association, he has trained in coaching (ACTP/ICF certification), mental health first aid (ENSA) and non-violent communication. He provides the vast majority of peer support. He is very attached to the duty of remembrance of colleagues who are no longer with us today, and to the proper care of national aid workers, recruited locally by the organizations.

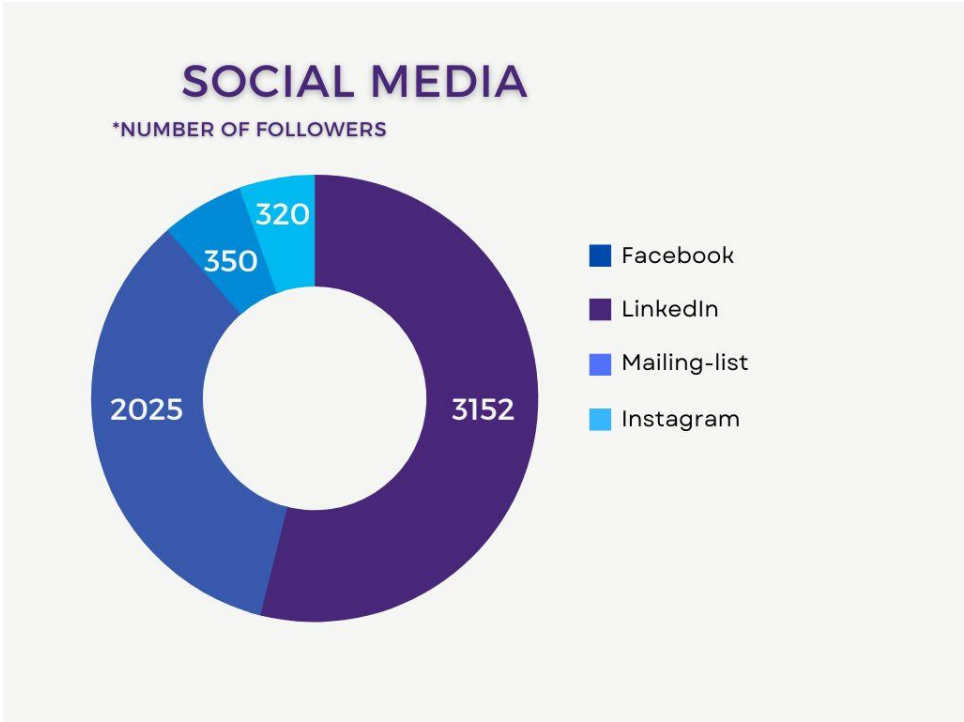
Christoph Hensch still works for the International Committee of the Red Cross (ICRC) in the human resources department. In 1996, he was the victim of a security incident in Novye Atagi, Chechnya, when the hospital where he was working was attacked by armed men, killing six aid workers and leaving him for dead. Christoph first had to cope with the impact of this violent injury and traumatic event. He then discovered that the "invisible wounds" left by the attack were part of a long and lonely healing process.

He received the Henry Dunant Medal, the highest distinction awarded by the Council of Delegates of the Red Cross and Red Crescent for outstanding humanitarian service.

In 2016, he shared his story in the [International Review of the Red Cross](#), launching a real appeal to international humanitarian organizations, concluding with these words: "I propose that an integral approach to the management of stress, burnout and trauma should become, in the humanitarian sector, a fundamental operating principle for employers in their relations with staff. I also propose that employers in the humanitarian sector create and implement collaborative processes, and become active and committed partners in the reconstruction processes of their staff who have suffered injury or trauma while working for the institution and for humanity as a whole".

« Human beings have a formidable capacity to rise above anything, even the worst, if they are well supported. » - Doctor Daniel Dufour, 2020.

II. KEY FIGURES



III. ACTIVITIES

A. Peer support at the heart of CoCreate Humanity's initiative

1. Definition of peer support

Peer support has existed for over fifteen years in Canada, and has been developed in France. Switzerland has been offering peer-aidance training courses since 2021, supported by the canton of Vaud.

"Informal self-help and professional peer support are both based on the experience of people who have faced the ordeal of severe mental illness and the resources they have deployed to cope with it. The Quebec Association for Psychosocial Rehabilitation (in French - Association Québécoise pour la Réadaptation Psychosociale - AQRP), which runs the Peer Support Network (in French - Pairs Aidants Réseau - PAR) program, has proposed this definition: "A peer helper is a staff member who discloses that he or she is experiencing or has experienced a mental health problem. The purpose of sharing his or her experience and recovery story is to restore hope, serve as a role model, and offer inspiration, support and information to others in similar situations". The legitimacy of the peer helper's intervention derives from their experience of the disorder, their experience of care and their recovery journey. Peer support enriches mental health systems with a new type of knowledge: experiential knowledge. This knowledge does not compete with the technical and theoretical knowledge of other professionals working in the field of mental health. It facilitates the establishment of an empathic relationship based on trust and non-judgment, which fosters commitment to care". *Peer support in mental health - Professionalized mutual aid* (in French - *Pair-aidance en santé mentale - Une entraide professionnalisée*), Nicolas Franck and Caroline Cellard, pages 1-2, publication May 2020.

2. How peer support works within the association

The CoCreate Humanity association has set up a group of **Peer Support Specialists** (PSS) in 2021, aimed at helping suffering humanitarian workers known as **Peer Beneficiaries** (PB).

Aid workers, former aid workers and people with an excellent understanding of the humanitarian context have been recruited to volunteer two to four hours a week. Proficiency in several languages enables us to take care of more beneficiaries, based on the importance of expressing emotions in one's mother tongue.

A Peer Support Specialist uses his/her personal experience to develop meaningful and trusting relationships with humanitarian colleagues. He/she provides a safe environment and active listening in individual and/or group meetings. At present, peer support is provided mainly by Sébastien Couturier, Hélène Ros and a few Peer Support Specialists from the group.

The CoCreate Humanity website and social networks are used to spread the word about the support initiative, which is available free of charge to aid workers in need. Initial contact is usually made by e-mail to info@cocreatehumanity.org, or through peers who have called on the association's

services. Word-of-mouth works well within the community, and the association is careful to operate within the limits of its capacities, to ensure that the follow-up is as qualitative as possible. The first discussion can take place face-to-face or via Zoom, and lasts between two and four and a half hours, depending on the state of the humanitarian peer. Availability, active listening and time are essential criteria to which the co-founders are committed.

Peer support also takes the form of "Humani-Cook" sessions, providing support over a meal. These sessions take place in Lavaux, at the home of CoCreate Humanity co-founder H el ene Ros. The meal is followed by a walk through the vineyards and along Lake Lemman, allowing the peer-beneficiary to reconnect with nature and embrace his or her emotions. This "support formula" has proved highly effective, offering an intimate place to decompress, a simple moment such as sharing a meal, and a facilitated exchange of the most difficult experiences.

CoCreate Humanity defends the concept that every humanitarian worker should have the right and the means to share their lived experience in a confidential and safe environment, where they are respected, heard and understood.

The qualities required to be a Peer Support Specialist (PSS)



Empathy
Caring
Excellent communication
Ability to build trust and demonstrate initiative



Knowledge of the humanitarian context
Emotional intelligence
Having worked on his/her own trauma experience



Training or certification in mental health first aid, coaching or therapy
Relevant psychosocial support skills

3. Testimonials and official support

Here are a few testimonials from humanitarian peer beneficiaries and official supporters of Swiss personalities.

Luc Gadras: former Field Coordinator for Doctors Without Borders (MSF-France), retired

“As a former humanitarian aid worker, I'd like to thank CoCreate Humanity for listening to me and making themselves available to me when I was suffering from Parkinson's disease and post-traumatic stress disorder as a result of my many humanitarian missions.

The association has even been in contact with my psychologist to continue my therapeutic follow-up. I'm touched by their interest in me and my projects. CoCreate Humanity is good for the humanitarian community, even for those who have left the circuit.”

B.S. : humanitarian, field nurse for a Swiss NGO from 2016 to 2020

“I would like to thank CoCreate Humanity (CCH) for supporting me through a difficult time on my return from the Democratic Republic of Congo. I was distraught, and being able to share field experiences with other humanitarians who had been through similar experiences helped me feel less alone in my suffering. It enabled me to be understood, accompanied and to understand what was happening to me during my post-traumatic stress state. CCH has been a precious help for me, and I thank them for it.”

Omer : humanitarian doctor for a French NGO

“The staff health unit of the organization I work for told me about CoCreate Humanity (...). As a survivor of torture, while working for an international organization in a violent context, I found CCH to be a friendly and peaceful place. I found it a neutral environment, where I could interact in confidence with people who had been through a similar experience. I believe that CoCreate Humanity can make a significant contribution to the humanitarian sector.”



“I'd like to congratulate Christoph, H el ene and S ebastien on the impetus, impulse and generosity behind the CoCreate Humanity initiative.

Their willingness to commit themselves to those who commit themselves, to support them in the face of shock and pain, and to inspire a change in the way humanitarian action is managed, are all key elements of their action. Their authenticity stems from their individual and collective experience. I was very inspired by our meeting”.

Pierre Kr ahenb uhl
Delegate International Committee of the Red Cross (ICRC) -
December 2022



"I am honored to express my solidarity with CoCreate Humanity, an association committed to supporting humanitarian workers in their work (...). The advantage of CoCreate Humanity is that the people involved know the reality on the field, they know the environment in which humanitarians work, and that's an enormous added value for those who need this support (...)."

Patricia Danzi
Director of the Swiss Agency for Development and
Cooperation (SDC)
Excerpt from her [speech](#) at the Rosey Concert Hall -
March 2021

B. "Humani-Topic": sources of information through webinars

The creation of CoCreate Humanity shortly before the pandemic encouraged online interaction, and over the years the association has become increasingly professional in organizing webinars. The topics are suggested by the humanitarian community, and the association uses social networks and its own network to find the most competent experts to speak. It's a long-term process that requires excellent logistical organization, with an anticipated annual agenda and regular promotion on social networks (LinkedIn, Facebook, Twitter and Instagram).

The first hour of the presentation is systematically recorded and then broadcast on the association's [YouTube](#). The presentation document is also shared when authorized by the speaker. In this way, aid workers and other interested people benefit from resources with permanently accessible information.

Each webinar publication was accompanied by an associated image, promoting recognition of the association's events on social networks and the imposition of an amply recognizable graphic charter.


All the topics covered in 2022 are listed below:

1. "Saboteurs versus Sage" with Sabrina Prioli on January 27
2. "Non-Violent Communication as a tool for transforming conflict and building strong relationship in humanitarian setting" with Tanya Hubbard on February 16
3. "From illusion to clairvoyance, preventing the disenchantment of the aid worker" with Corinne Boulad on March 24
4. "I, Géna, 20 years old and child of a humanitarian worker" with Géna Benavente on April 28
5. "Transitioning humanitarians" with Viktoria Hobinkova and Asel Ormonova on June 23
6. "Itinerary of a spoiled child, from an expatriate childhood to a life as a humanitarian" with Brigitte Louison on June 30
7. "What professional transition after years in the humanitarian field? Continue, change or stop" with Nancy Bonamy on September 21

8. "OGE method - the other side of the ego - a new approach to the treatment of post-traumatic stress disorder" with Cécile Dufour on October 13
9. "Relational intelligence and how to heal the wounds of the past" with Dr. François le Doze on October 26
10. "From war zones to the Happiness country" with Dr. Tho Ha Vinh on November 30

Humani-Topic

Quelle transition professionnelle après des années dans l'humanitaire ? Continuer, changer ou tout arrêter ?




Mercredi 21 septembre de 18 à 20 heures (CET)

Nancy Bonamy - Coach certifiée en transition, résilience et bien-être
www.nancybonamy.com | www.cocreatehumanity.org | Contact : info@cocreatehumanity.org

Humani-Topic

From War Zones to the Happiness Country
Dr. Tho Ha Vinh - Founder of Eurasia Learning Institute (ELI)



Wednesday 30 November at 6pm (CET)

« We can always ask ourselves, 'Is what I'm doing contributing to bringing more happiness and well-being to all or is it degrading happiness and well-being? If we all have this North Star, then it's a simple way to have a compass to guide our actions » - Dr. Tho Ha Vinh
www.elihw.org | www.cocreatehumanity.org | info@cocreatehumanity.org

C. "Humani-Workshop": tools and methods for humanitarians

CoCreate Humanity promotes different methods on the basis that **there is no single way of treating and healing, but that all methods are complementary** and that everyone is free to choose what is right for them.

Below is a list of the workshops that have been organized online and in person.

1. "Discovery and benefits of hypnosis for humanitarian workers" with the Association Hypnose Humanitaire (AHH) on January 12
2. "Yoga therapy: coming home to you" with Nathalia Berkowitz on February 24
3. "Sophrology and burnout" with Sophie Tissot on April 6
4. "Using emotional intelligence and energy to take care of yourself" with Gaëlle Figueira on May 11
5. "Self-love and self-esteem to develop confidence | Shamanism in all its forms" with Philippe Bizeul and Marie Tergemina on June 8
6. "Postural stretching and nordic walking" in Geneva with Ourida Sabet on September 17
7. "Therapeutic doodles, art therapy for humanitarians" with Caroline Schaffhauser planned in October – postponed until 2023
8. "Sophrology walk in Lausanne" in person with Sophie Tissot on October 9
9. "Stress and emotional intelligence" with Dre. Irene Pila on November 16

Humani-Atelier
Stress et Intelligence Émotionnelle
Dr. Irene Pila Castellanos

Mercredi 16 novembre de 18 à 20 heures (CET)

« Ma nouvelle mission s'est portée donc sur la création d'une méthode intégrative en alliant physiologie (body), neurosciences (mind) et intelligence émotionnelle (emotion) pour comprendre le problème dans son intégralité et pouvoir mieux le résoudre » - Irene Pila

<https://toolnia.com> | www.cocreatehumanity.org | info@cocreatehumanity.org

Humani-Atelier
Sophrologie et Épuisement Émotionnel

Mercredi 6 avril à 18 heures (CET)

avec Sophie Tissot

Sophrologue agréée ASCA, spécialisée en gestion du stress et développement personnel

www.theraneo.com/sophie-tissot | www.cocreatehumanity.org | Contact : info@cocreatehumanity.org

D. "Hum'Animation" educational project with École Gobelins in Paris

In May 2022, CoCreate Humanity was the exam subject for third-year motion design students at the prestigious [École Gobelins](https://www.ecolegobelins.com/) in Paris, the world's leading animation and image school.

The exam subject, presented to twenty students on May 16 in Paris, was to produce a one-minute to one-and-a-half-minute motion design video based on twenty stories of aid workers. The stories were chosen at random. The exam had a specific educational aim: to raise awareness of mental health in the humanitarian sector among international organizations and the general public. The students were given "carte blanche" to complete their work in twelve days.

On May 31, CoCreate Humanity joined the École Gobelins jury for an all-day presentation of the twenty productions. The result was a phenomenal piece of high-quality work. In total, fifteen motion design videos met the required educational objective.

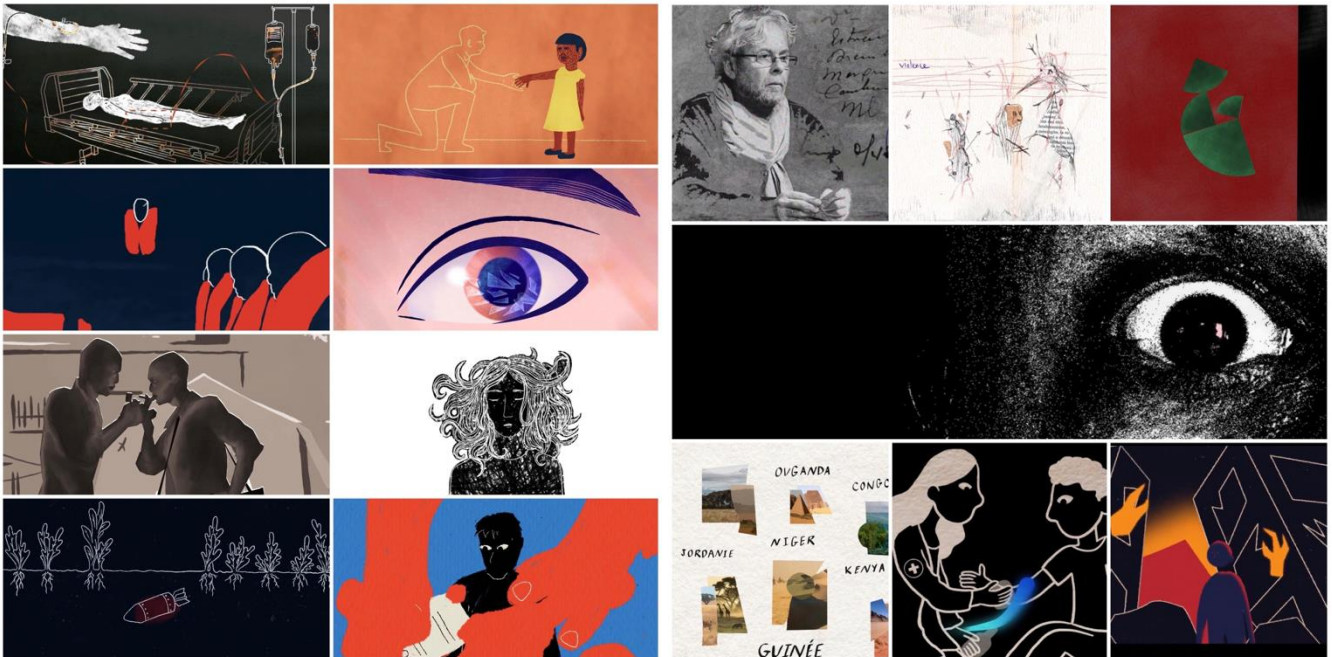
The videos have been posted on the CoCreate Humanity [YouTube](https://www.youtube.com/channel/UC...) channel every 17th of the month since June 2022, and appear in the following order:

1. "Dissociation" by Stéphanie de La Chauvinière based on a story by Dr. Daniel Dufour
2. "Coffee time" by Clémentine Thiriot on an anonymous testimonial
3. "Haunted is the Mediterranean » by Laetitia Le Gall based on a story by Sofyen Khalfaoui
4. "Tare" by Anne-Catherine Cruciani based on a story by Rodney G.
5. "The forgotten" by Julia Rodriguez based on the testimony of Penelope Curling
6. "Left behind" by Axelle Salaün based on a story by Axel Skucek
7. "Géna" by Zoà Landron based on a story by Géna Benavente
8. "Speechless" by Yuna Toury based on a story by Linda Rieu
9. "First mission" by Félix Bonjour based on a story by Fanny B.
10. "The dance of fire" by Ysatis Rivart based on a story by Stéphane P. Rousseau

11. "Archivo" by Anahi Perino based on a story by Pierre Micheletti, President of the French NGO Action Against Borders (ACF)
12. "Yako, it's going to be fine" by Katell Paugam based on a story by M.M.
13. "Thirteen years" by Hannah Turpaud based on a story by Frédéric Claus
14. "Undone" by Marie Civitello based on a story by Denis Ricca, member of the CCH Board
15. "Exist" by Matis Jouet based on a story by Christoph Hensch, co-founder of CCH



The Gobelins Class of 2022 - 3rd year Graphic Design Motion Design



The school and the students particularly appreciated the collaboration with CoCreate Humanity and there should be a sequel to the Hum'Animation project in 2024 or 2025. The videos, which are accessible to all, are now being used by a number of organizations to raise awareness of mental health issues among humanitarian workers.

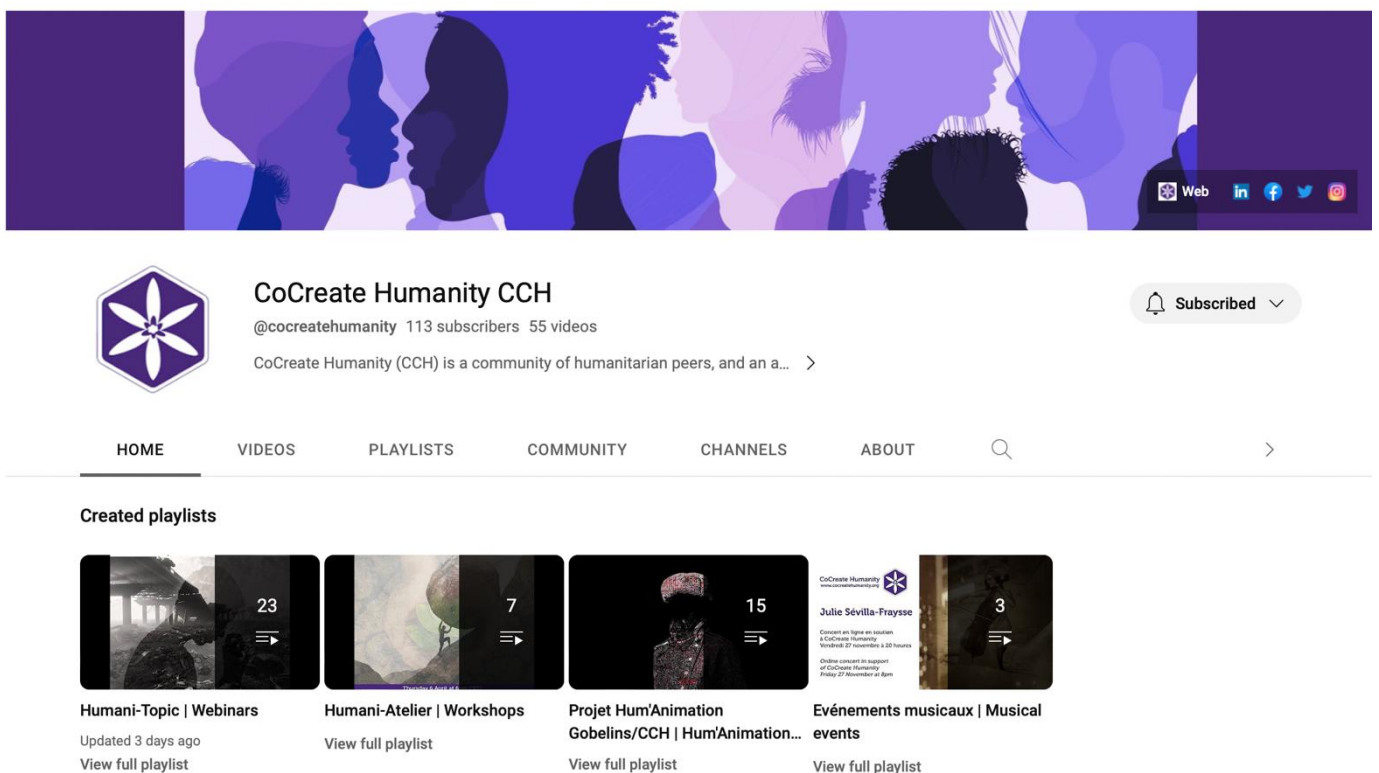
E. Development of the YouTube channel

The production of various videos for CoCreate Humanity has led the association to develop its [YouTube](#) channel.

Today, the videos are classified by content: "Humani-Topic" for webinars and "Humani-Atelier" for workshops, where the first hour of the presentation is published, as well as motion design videos from the Gobelins School, behind-the-scenes documentaries on the association's events, documentaries on horse therapy and concerts with the association's ambassador, Julie Sévilla-Fraysse.

Uploading videos to YouTube allows to lighten the association's current website, which does not yet have the necessary configuration and has limited storage capacity.

The excellent documentary by Sophie Zermatten, currently the association's volunteer Multimedia Producer, entitled "[Caring For Carers](#)" is available on the channel. This documentary was made as part of her studies in international journalism at Cardiff University, and it was while making it that Sophie came to know CoCreate Humanity.



F. CoCreate Humanity concerts

Every year, CoCreate Humanity organizes two major music events: a concert in March at the [Rosey Concert Hall](#) on the site of the Institut Le Rosey in Rolle (Switzerland), and a Remembrance Concert in December to pay tribute to humanitarian colleagues who have passed away. In 2022, the association organized three concerts and met some exceptional new musicians.

On Saturday 19 March 2022, CoCreate Humanity organized its first public concert at the prestigious Rosey Concert Hall, attended by around 250 people, including volunteers.

As well as coordinating the travel arrangements for the musicians arriving from Paris, logistics were put in place to recruit over thirty volunteers, set up an on-site ticket office, bar and snack service, and a sale of products made by craftspeople supporting CoCreate Humanity.

The musicians taking part in the event were [Julie Sévilla-Fraysse](#) (cello), Sonia Moshnyager (viola), Petteri Iivonen (violin), Kévin Roby (bass trombone) and Guillaume Sigier (piano).

The behind-the-scenes video of this event is available on the YouTube channel via this [link](#).



Rosey Concert Hall stage on 19 March 2022 – Photo by Aurélia Thys

Here below is the concert programme:

- Robert Schumann - Adagio and Allegro, Op. 70, for cello and piano
- Johann Sebastian Bach - Chaconne from the Partita for solo violin No. 2 in D minor BWV 100
- David Fetter - Spain, for solo bass trombone
- David Gillingham - Sonata, for bass trombone and piano
- Handel / Halvorsen - Passacaglia, for violin and cello
- Gabriel Fauré - Quartet, for piano and strings No. 1

On Monday 4 July 2022, a concert was organized in Grandvaux (Switzerland) with international handpan player Quentin Kayser and one of the world's best harpists, Alexander Boldachev, based in Zurich. Quentin Kayser discovered the CoCreate Humanity initiative at the end of May and wanted to contribute in his own way. He himself was a humanitarian worker, and a member of his family worked for a long time as head of mission for Doctors Without Borders (MSF-France).

At the same time, Alexander Boldachev was responding to a message from CoCreate Humanity sent in 2021. As a Russian artist, he was concerned about the situation in Ukraine and wanted to contribute to the work of humanitarian workers by supporting the association.

The commune of Bourg-en-Lavaux (Switzerland) once again supported CoCreate Humanity by offering to hire the Great Hall in Grandvaux, and it was an intimate concert in stormy weather that delighted the fifty people present that evening. The event opened with a rendition of Leonard Cohen's "Hallelujah" performed by Camila Casisk (vocals) and Sylvain Lavoux (guitar). Michel Chavanne, President of Lavaux World Heritage Site and former delegate of the International Committee of the Red Cross, gave the opening speech.



Quentin Kayser



Alexander Boldachev

On Saturday 17 December 2022, CoCreate Humanity organized its remembrance concert in Grandvaux in partnership with the bistronomic restaurant “Tout un monde”. The day 17 is linked to the story of Christoph Hensch, one of the association's co-founders, and sets the pace for the association's events. As usual, the commune of Bourg-en-Lavaux has provided the Great Hall of Grandvaux free of charge to support the association.

The cello duo of Julie Sévilla-Frayse and her former teacher [Frédéric Audibert](#) was incredible, and their complicity was palpable throughout the concert. It was with great emotion and humility that CoCreate Humanity and the audience honored the work of the humanitarian community and paid tribute to those who have lost their lives in the pursuit of their mission. For the opening speech, the association was delighted to welcome Yves Daccord, President of the Edgelands Institute and former Director General of the International Committee of the Red Cross (ICRC). A gala meal was then held upstairs, at the bistronomic restaurant “[Tout un monde](#)”, ranked 15/20 in the Swiss Gault et Millau, and a partner of CoCreate Humanity.



HUMANI-CONCERT
CONCERT ET REPAS DE SOUTIEN EN FAVEUR DE
COCRÉATE HUMANITY

 **JULIE SÉVILLA-FRAYSE** 
FRÉDÉRIC AUDIBERT

SAMEDI 17 DÉCEMBRE 2022 À 19 HEURES



CONCERT DU SOUVENIR - REMEMBRANCE DAY CONCERT

Discours d'ouverture :
Yves Daccord, ancien Directeur Général du CICR,
Président Exécutif et Cofondateur de l'Institut Edgelands

DUO DE VIOLONCELLES
J. OFFENBACH | J.B. BARRIÈRE | I. ALBENIZ
D. POPPER | R.H.Y. TAGELL | J.S. BACH | L. BOCCHERINI



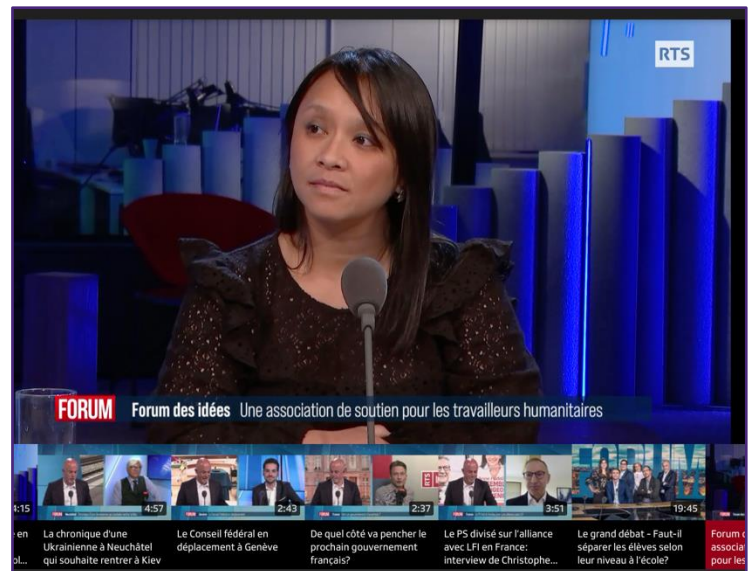
G. Developing the social network, public relations and partnerships

1. CoCreate Humanity in the Swiss media

The concert at the Rosey Concert Hall on March 19 took place in Rolle, Switzerland. Christoph Hensch was interviewed by the newspaper La Côte on March 3 to talk about the association and promote the concert that was taking place in the region. The article entitled "Left for dead in Chechnya, Christoph Hensch now lives to help survive" is available [here](#).

On April 27, Hélène Ros was invited by Swiss Radio Television (in French, Radio Télévision Suisse - RTS) to appear on the programme Forum, under the heading Forum of ideas: "A association giving support to humanitarian workers". The programme is available [here](#).

These two media appearances have raised CoCreate Humanity's visibility, but there is still a long way to go to spread the word about this community of humanitarian peers.



2. Meeting with Olivier de Lagarde, Chairman of Paris College

It was a discussion with Karine Godier, Head of Ms Management Luxury & Fashion at the School Conte, that led to the meeting between Hélène Ros and Olivier de Lagarde in the Paris College offices in La Défense, France, on 28 June 2022.

Olivier de Lagarde took a keen interest in CoCreate Humanity's initiative and decided to open up his extensive network (twenty schools around the world) to the association's activities.

With the aim of raising awareness of humanitarian work through educational projects, CoCreate Humanity may well be the subject of an exam at the School Conte in 2024.

3. Conferences on October 11, as part of the International Committee of the Red Cross (ICRC) staff mental health and well-being campaign

In October 2022, CoCreate Humanity had the opportunity to give two talks, in French and English, to raise awareness of its peer support initiative among all staff. The ICRC is the world's largest humanitarian organization, with over 20,000 employees in Switzerland and around the world. The presentations and activities provided by CCH were very well received and the initiative will be repeated in 2023.

4. Conference on November 9 at the Bioforce training centre

For the second time, CoCreate Humanity had the opportunity to give a face-to-face presentation in Lyon, France, to students at the [Bioforce](#) training center, which provides training in humanitarian professions.

Prevention among the younger generation of humanitarian workers, who will be going on their first mission after graduating, is essential for the association. CoCreate Humanity was accompanied by Gaëlle Figueira and Denis Ricca, former students of the center and Peer Support Specialists (PSS). It was the opportunity to show two motion design videos, confirming that this type of visual medium has a strong impact on this generation. The conference was very well received and there were many questions. Another CoCreate Humanity event is scheduled for October 2023.

Although not all humanitarian missions are difficult, because everything depends on the country, the context and the tools and resources available to deal with security incidents, it is important to "prevent in order to cure". For CoCreate Humanity, it is essential to remind this young generation that they will not be abandoned and that a community of humanitarian peers is available to answer any questions or deal with any setbacks.

5. Solidarity Christmas Market on December 3 and 4 in the canton of Geneva

CoCreate Humanity has once again been a loyal supporter of the Franco-Swiss association Amoddou, which organizes a Solidarity Christmas Market at the Town Hall in Grand-Saconnex every year. The proceeds from stall rentals enable Amoddou to finance its medical missions in the field.

After the Bugnon chocolate factory in Lausanne, soaps from Kaolin Soapery in Geneva, organic honey from Martin Rozeron, a beekeeper from Ariège whom we met on a trip to France, and cosmetics from Belle & Espiègle in Péron, France, CoCreate Humanity stand now features beer from the nomadic Tiaopi brewery in the Pays de Gex.

With no experience of humanitarian work, these craftspersons were touched by CoCreate Humanity's initiative and spontaneously decided to donate part of their profits to the association. We would like to thank them again for their generosity.

6. New musicians/artists/artisans and the importance of volunteers

The year 2022 has been rich in events and encounters, and in the 'concerts' category, new artists have joined our cellist Ambassador Julie Sévilla-Fraysse.

On the stage of the Rosey Concert Hall in Rolle, Petteri Iivonen, First Solo Violin of the Paris National Opera Orchestra, was added to the list. Quentin Kayser, international handpan player, Alexander Boldachev, international harpist, and Frédéric Audibert, solo cellist and concert performer, were welcomed to the Great Hall Grandvaux.

The actions undertaken by CoCreate Humanity are visible on social networks and have inspired artists. After [Tessel van der Putte's](#) painting "Embrace" in 2020, the association was approached by sculptor [Pascal Pistacio](#) and photographer [Charly Ho](#).

The Parisian artist Pascal Pistacio has produced a model of a sculpture called "Let's dance now!" representing the three co-founders. Once completed, the sculpture should measure 2 meters 80 height and 3 meters in diameter on the ground.



« *Let's dance now!* »

There is life after trauma. The three co-founders are open to the world through their bodies. And their heads, although "exploded" by the trauma, are wrapped in gold leaf, because life becomes luminous when we overcome the worst.

When we are together and feel supported, we can rebuild. This work symbolizes community, diversity and the richness of humanitarian work, with its downsides and resilience.

Charly Ho, a leading Parisian photographer, would like to take portraits of aid workers, and create and make available paintings that will be auctioned in aid of the association.

From July 7 to 19, Sophie Kilchherr rode her horse in the CoCreate Humanity colors at the Apples horse show. It was the association's first appearance in the sports field.



As far as CoCreate Humanity products are concerned, winegrower Coraline de Wurstemberger of the [Estate Les Dames de Hautecour](#) in Mont-sur-Rolle, a former ICRC delegate, has generously offered the association her own cuvée of Chasselas. It was offered for the first time at the concert on Saturday 19 March at the Rosey Concert Hall.

All the events organized by CoCreate Humanity, and in particular the concerts, could not take place without the presence of many loyal volunteers to welcome people, manage the ticket office, the bar and sell products. In the logistical organization, particular attention is paid to their working conditions, ensuring that all the volunteers have a break at the time of the concert so that they can share this moment together.

We would like to extend our heartfelt thanks to all the volunteers who took part in CoCreate Humanity in 2022 and without whom we would not have been able to carry out our advocacy work.

H. Directory of mental health and psychosocial well-being professionals

As a community of peers, CoCreate Humanity is not a substitute for therapy led by a mental health professional. The association responds to an immediate need by offering a space for dialogue, this being a first step in the healing process.

CoCreate Humanity has been listing these professionals since its creation in 2019 and works closely with some of them.

This network is made up of "classic" medical staff such as doctors, psychologists and psychiatrists, and therapists practicing holistic care and integrative medicine, such as sophrology, horse therapy, music therapy, yoga, shamanism, etc. Coaching services in the health sector, personal development and help with professional reintegration are also listed.

In 2022, a beautiful retreat for humanitarians was discovered in the heart of the region of Ardèche in France: [Le Pas Sage au Tribble](#). It's a place in the heart of nature run by humanitarian peers to welcome aid workers returning from missions or needing a place to disconnect. It's a friendly place that offers wellness services and opportunities for socializing.

Working as closely as possible with people means considering that each individual is unique, that each individual has his or her own trauma and that each trauma has its own way of healing.

With this in mind, the association offers all possible methods of care, without ever imposing anything.



I. Key events in 2022

1. Funding of the Sandoz Family Philanthropic Foundation

On 10 March 2022, CoCreate Humanity received its first official funding from the Sandoz Family Philanthropic Foundation. After two and a half years in existence, the first door had finally been opened, confirming that the association work was not in vain.

It is often the lack of funding that pushes associations to abandon their initiatives.

Setting up an association requires a high level of versatility, the development of effective means of communication, administrative and financial skills, and a willingness to work on a voluntary basis for several years. We also realize that in-house writing skills are essential, if not imperative, to keep a record of all our actions and to communicate.

Although this initial funding was obtained without the involvement of fundraising specialists, CoCreate Humanity hopes to turn to professionals in the future to ensure the sustainability of its support initiative and because fundraising is a profession in its own right.

2. Official partnership with the restaurant “Tout un monde”

The restaurant “Tout un monde” in Grandvaux expressed its interest in the CoCreate Humanity cause back in 2020. A new step was taken in 2022, and from now on, during the "Humani-Lunch", which will take place every 17th of the month, Tout un monde will donate the amount of the hot drinks ordered at the end of the meal to CoCreate Humanity.

Our warmest thanks to Céline and Yohann Gsponer for their tremendous generosity.

3. First training course in Geneva with Professor Alain Brunet

On Thursday 21 April 2022, Professor [Alain Brunet](#) gave a conference in Lavaux organized by CoCreate Humanity to raise awareness on Reconsolidation Therapy. Professor Brunet is Canadian and works at McGill University in Montreal. He is recognised as one of the world's leading specialists in post-traumatic stress disorder.

At the beginning of 2021, CoCreate Humanity worked with Professor Brunet to encourage the International Committee of the Red Cross to look into Reconsolidation Therapy, or the Brunet Method, for the treatment of humanitarian aid workers suffering from post-traumatic stress. Two of the institution's psychologists were trained in Poitiers, France, in November 2021 and were convinced by the method.

In September 2022, CoCreate Humanity organized the first Reconsolidation Therapy training course in Geneva, for two and a half days. It was also Professor Brunet's first course in Switzerland. At the end of the course, a multi-traumatised aid worker followed the ten-week protocol with one of the Geneva psychologists, and the results on his post-traumatic stress disorder were extraordinary. The next course is scheduled for September 2023.

IV. ASSOCIATION CHARTER

Our charter, in English, is published on our website. It is accessible to everyone to make it clearer who we are, what we stand for and why we created CoCreate Humanity. Here it is again.

CoCreate Humanity is a community of humanitarian peers that is providing and promoting integral, psychosocial and holistic solutions for healthy, inspired and effective humanitarian workers worldwide.

Humanitarian work in conflict and disaster zones around the world is difficult and not much respected. The challenges and increased danger put pressure on individuals and organizations, and many humanitarian workers experience trauma, stress and burnout. The aid agencies sometimes struggle to recognize these invisible injuries and to support their own workers; they also struggle to honour, acknowledge, recognize, and remember colleagues appropriately who get injured or die while carrying out their humanitarian missions.

The results are that:

1. Humanitarian workers, who put their lives on the line to help others in need in dangerous environments, when experiencing trauma, burnout, and stress, are often left hanging in situations when they need support, healing and recovery themselves.
2. The aid agencies' humanitarian impact, through the work, trust, and motivation of its staff, is not as effective as it could be.
3. Appropriate memorials and practices to recognize, commemorate and honor lost colleagues are missing.

Purpose

The objective of CoCreate Humanity is to work as a community of humanitarian peers, providing and promoting integral, psychosocial, and holistic solutions for healthy, inspired and effective humanitarian workers worldwide. CoCreate Humanity aims to support individual humanitarian workers individually and collectively to advocate for and co-creatively influence the organizational culture of how we in the sector deal with the impact of violence and the resulting trauma, injury, and loss of life. CoCreate Humanity also aims to support organizations and to work in partnership with others to implement such a 'Culture of Care', which should be reflected at all levels, in organizational strategies, policies, procedures and operations.

What we value

THE HUMANITARIAN WORKER: a person who is or has been engaged in activities that promote human dignity, alleviate suffering and promote human welfare for humanity as a whole. We acknowledge humanitarian work in its broadest sense.

COCREATE HUMANITY: To “cocreate humanity” means that we all work together to manifest the universal sense and values of humanity, with everyone contributing in their own unique ways, to their own potentials. What we aim to achieve as humanitarians in the world, congruently, we will also apply in the way how we act among ourselves, in a consistent set of practices that invite us to reclaim our inner wholeness and bring all of who we are to work

DIVERSITY: Every person is on their own unique path to unfold their full potential. There is no single exclusive way to approach the resolution of trauma, burnout and stress. We include all humanitarians, welcoming their diversity, and stand in solidarity with them.

CULTURE OF CARE: A culture of care is present in an organizational context when it provides timely and effective caring response mechanisms, supporting workers - helping them understand, cope with, heal and recover from the individual and collective impact of the violence that they and/or their colleagues are exposed to in the environments in which their organization is active. A culture of care is also present when colleagues who lost their lives while carrying out their humanitarian mission are duly honored and remembered, individually and over time.



Projects and initiatives

CoCreate Humanity is a Geneva, Switzerland based association with global reach, working with both individual humanitarians and organizational partners, seeking to achieve its goals by engaging in issues such as:

- Prevention and preparedness: helping to ensure physical and psychological safety of staff on humanitarian assignments;

- Acknowledgement and support: recognizing the efforts and suffering endured by those humanitarians affected directly and indirectly by visible and invisible injuries, and how we support them and their dependents;
- Memory: commemorating and honoring those who have lost their lives while carrying out humanitarian missions;
- Accountability: recording, learning from and sharing knowledge of security incidents and their impacts, and advocating for improved strategies, policies and procedures.

CoCreate Humanity does this by:

1. Creating and maintaining an inclusive community of humanitarian peers for our mutual support

- Creating both online and physical meeting opportunities that enable and encourage communication, solidarity among humanitarian workers as well as peer-to-peer and self-help networks worldwide;
- Create and maintain platforms and places that bear testimony to humanitarian work and serve as a memorial to those who have lost their lives while on a humanitarian mission.

2. Providing support services to humanitarian peers

- Provide confidential spaces for individual and personal debriefing and expression, outside of the confines of an employment relationship;
- Providing information and support services for victims of stress, burnout and PTSD;
- Supporting individuals who are seeking redress from current or former employers for visible and invisible injuries sustained during the course of their humanitarian work;
- Provide support to internal employee resource initiatives within humanitarian agencies and NGO's.

3. Advocacy and awareness raising with employers in the humanitarian sector and the public in general

- Public awareness raising on working conditions in the environments of activity and the impact of humanitarian work on the workers themselves;
- Work with employers, in an advisory and/or service provision role, to improve organisational culture, processes and procedures, deployment preparations and short as well as long term support systems for their staff;
- Undertake and/or support research into the impact of stress, burnout and trauma and ways to address it;
- Work for official recognition of burnout and post-traumatic stress disorder, conditions often linked to the work and environment to which humanitarian workers are exposed.

4. Setting up and maintaining a capital fund to assure continued financial support : by setting up a trust for earmarked monies to support program delivery, research and individual support costs.

Summary and conclusion

We believe that humanitarian work is among the most fundamental human activities there is. Nobody should be left behind or unduly suffer because of the choice to engage in humanitarian work. CoCreate Humanity stands for unconditional solidarity with all humanitarian workers worldwide.



Photo : Séverine Gonzalez – CoCreate Humanity in Grandvaux, Suisse



**Our detailed
2022 balance is
available on
request.**



VI. ACKNOWLEDGEMENTS

The year 2022 has flown by so fast! The challenge of working as a trio, at different speeds and on a voluntary basis, is not always an easy one, and requires external supervision as well as excellent communication between all the players contributing to the initiative.

On the financial level, the **Disability Insurance Offices (OAI) of the cantons of Geneva and Vaud** have made a major contribution to the development of CoCreate Humanity. In fact, two of the co-founders, Sébastien Couturier and Hélène Ros, have benefited from an exceptional professional reintegration measure within the association. From January 2021 to June 2022 for Sébastien Couturier, and from March 2021 to September 2022 for Hélène Ros. The AI Offices have paid them daily allowances so that they can fully develop their peer and support activities. This is a remarkable and exceptional show of confidence on the part of the Swiss authorities.

Our heartfelt thanks go to the psychologists who monitored the cases: **Sandra Rutishauser Bonzon** for the canton of Geneva and **Nathalie Jan Constantin** for the canton of Vaud.

CoCreate Humanity would also like to extend its warmest thanks to all the associate members who have paid their annual fees, and to all the individual and one-off donors who contribute in their own way to the association's progress.

But CoCreate Humanity would be nothing WITHOUT THE EXISTENCE OF VOLUNTEERS.

We would like to **thank all the volunteers** who have contributed to the smooth running of our online and face-to-face events, and without whom none of this would have been possible.

Many thanks to all the people in our peer support group: **Manoela, Anne, Gaëlle, Linda, Brigitte, Denis, Stéphane, Des, Paul et Bojidar.**

We would like to **thank all the volunteers who took part in our webinars and workshops** in 2022 and who, through their expertise, provide information and tools to the humanitarian community as a whole.

We would like to **thank all the artisans** who support us and believe in us by donating part of the profits from the sale of CCH products: the **Bugnon chocolate factory** in Lausanne and **Benoît Machard, Kaolin Soapery** in Geneva and **Anne Castaño-Couturier**, the honey factory from the **Marioune Farm** and our organic beekeeper **Martin Rozeron** in Ariège, **Belle & Espiègle** cosmetics by **Laurie Le Bot** in Péron, and **Version Nature** and **Margarita Jotterand** in Rolle for her sublime flower arrangements. Thanks to our winemaker **Coraline de Wurstemberger** for providing us with our first vintage of Chasselas.

We would like to thank all those who contribute their skills to help CoCreate Humanity move forward serenely: the "satellites" **Magali Beurrier, Delphine Marchetti and Rodney Gallwey**. We would also like to thank **Anne**, who provides our psychological supervision, **Sophie Zermatten** for her professionalism and friendship, and **Didier Dérobert from Phinoma** for keeping our association's accounts.

We would like to thank the bistronomic restaurant **"Tout un monde"**, **Céline and Yohann Gsponer** and their team for their friendship and incredible solidarity.

We would like to extend our warmest thanks to the **commune of Bourg-en-Lavaux** for making the Great Hall of Grandvaux available to us for our events and for supporting us so carefully since the association was founded.

We would also like to thank **Marie-Noëlle Tirogalas**, Director of the Fondation Le Rosey, and **René Meyer**, Technical Director of the Rosey Concert Hall, for their trust and generosity, and for enabling us to organize a classical music concert every year in this magnificent venue.

We would like to thank **Laure Chapalain and Arnaud Lacaze-Masmonteil** and all the students at the Gobelins School in Paris for the incredible "Hum'Animation" project.

We would like to thank our Ambassador and Artistic Director **Julie Sévilla-Fraysse**, who carries the CoCreate Humanity message during her musical tours and gives her heart and soul to our cause. We would also like to thank the musicians who have accompanied her this year: **Sonia Moshnyager, Kévin Roby, Guillaume Sigier and Petteri Ivonon**.

We would also like to thank all the musicians and artists who believe in us: **Quentin Kayser, Alexander Boldachev, Charly Ho, Pascal Pistacio, Nicole Devals and Michel Monachon**.

We would like to thank the members of our Committee for their advice and support in times of joy and doubt: **Julie, Laurent et Denis**.

Our warmest thanks to the proofreaders of this annual report, **Noëlle Vannod and Rodney Gallwey**, for being our "eyes of help" in moments of fatigue.

Our loving thanks go to our families and close friends who support us on a daily basis, and without whom we would not be able to continue this crazy adventure that does so much good for humanitarian workers around the world.

And finally... we'd like to thank all those we may have forgotten to mention during this editorial exercise. Long live 2023!

Our slogan: « Together we are stronger »

