



Solidarity Circle

Hosted by the NGO CSW/NY Well-being & Community Space

Date: Tuesday, 3 June, 2025 @ 11:00 am - 12:00 pm EST

[Registration link](#)

Concept Note

Right now, the global development, NGO, and UN communities are moving through a time of deep change. Many of our sister organizations have had to pause their work or close their doors, the UN as an institution is undergoing a transformation, and the uncertainty of this moment is something many of us are experiencing.

To meet this moment with care, the NGO CSW/NY Well-being & Community Space is hosting a Solidarity Circle. This is an offering for reflection, connection, and collective grounding. This is a safe space. Cameras are optional, sharing is optional.

Knellee Bisram, a skilled trauma-informed mindfulness and peace-building facilitator, and one of the co-organizers of the Well-being & Community Space during CSW68 and CSW69, will gently guide us through grounding and reflective exercises to help us process what we've been holding. Whether you come to listen, to breathe, or simply to be present, you are welcome.

While this moment is challenging, we also believe it holds possibility. In coming together, we can find the strength not just to get through this, but to see this time as an opportunity to re-imagine and begin building what comes next. We hope you'll join us.

Program

11:00 am - 11:15 am - Welcome and Introduction

11:15 am - 11:40 am - Self Compassion and Compassion Exercise for Navigating Challenge

11:40 pm - 12:00 pm - Responsive and Empowered - Closing Circle



Facilitator: Knellee Bisram, M.A.

Knellee Bisram transitioned from her career in international relations to dedicate her efforts to international consulting and AHAM Education, supporting partnerships that build mindful, resilient communities. Serving as Lead NGO Representative to the United Nations, she leverages regional, national and global multi-stakeholder partners to bring a nature-based, mindful approach to meeting 21st century global challenges affecting children, women, marginalized communities in education, water and climate justice, and gender equality. A student of meditation, mindfulness and various mind-body modalities for over 35 years, Knellee is a Certified Mindfulness-Based Stress Reduction (MBSR) instructor and Certified Center for Mind Body Medicine (CMBM) facilitator and is the co-creator of the *Girls Well-being Project* and *b.Nature* program. She has designed and taught gender-informed Mindfulness, Mind-Body and Emotional Intelligence and Peace Education programs to women, youth and disabled individuals, educators, counsellors, health practitioners, veterans, business, government, and community leaders in English and Spanish throughout the Americas. She is also the producer of the Film in the Field documentary short, *Healing People Heal the Planet*. She holds a BA in languages, and a MA in International Relations and Latin American Studies.