

## SERVICE WITHOUT SACRIFICE IS POSSIBLE

### Interview Dimple D. Dhabalia

Human-Centered Leadership and Story-Healing Coach  
Founder of Roots in the Clouds

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## Meet Dimple D. Dhabalia



**Dimple D. Dhabalia** is the founder of Roots in the Clouds and a human-centered leadership coach. Dimple partners with leaders in mission-driven organizations to address root issues and design inclusive, human-centered workplace cultures where emerging and seasoned leaders across humanitarian sectors can learn how to preserve their humanity as they work to preserve it for others.

After almost two decades working at the crossroads of the government and humanitarian sectors, Dimple had experienced vicarious trauma, compassion fatigue, moral injury, burnout, and anxiety. Like so many others, she worked in an organization that celebrated the resilience of the human spirit in the refugees and displaced persons they served, while failing to extend the same ethos to those working within their own organizations. Determined to educate and support heart-centered leaders, she developed and launched the Daring Leaders Project (DLP), the first mindfulness-based leadership development program of its kind within the agency. Her vision and leadership earned her Director's awards for Innovator of the Year and the Pillar of Leadership.

In 2021, Dimple launched [Roots in the Clouds](#) with a personal mission of putting the "human" back into humanitarian. Today, Dimple's cutting-edge work explores the intersection of generational trauma and moral injury and supports a holistic approach to addressing individual and organizational trauma using principles of mindful performance, positive psychology, and human-centered leadership. Her new book, ***Tell Me My Story—Challenging the Narrative of Service Before Self*** [Ambika Media – February 21, 2024] is one leader's message of hope and a map to healing for those doing humanitarian work. Dimple recently debuted a limited-series companion podcast to *Tell Me My Story* called [Service Without Sacrifice](#) and is also creator and co-host of the popular podcast [What Would Ted Lasso Do?](#) For daily updates and content, you can check out her [dear HUMANitarian](#) newsletter and content hub on Substack.

Connect with Dimple D. Dhabalia

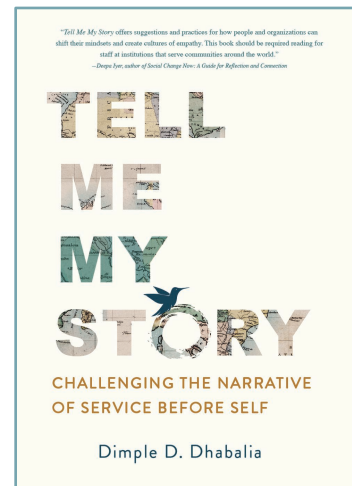
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## About *Tell Me My Story: Challenging The Narrative of Service Before Self*

At the heart of the word *humanitarian* is *human*.

The work of serving others never ends, and it demands a great deal from those who take it on—more than they have to give, if they're not careful. But helping others shouldn't come at the cost of one's own health and well-being. And yet, years of putting mission needs before their own, coupled with the impact of a global pandemic, has left many humanitarians across mission-driven fields struggling to acknowledge their pain *and* serve others at the same time. It's left them languishing, exhausted, stressed out, burned out, traumatized, morally injured, depressed, anxious, and facing a seemingly impossible choice:



### Them or me?

Using moments from her own life and twenty-year humanitarian career, in *Tell Me My Story* Dimple D. Dhabalia invites humanitarians to consider how choosing a path of service may provide powerful opportunities to reveal and heal wounds at the individual and organizational levels, while embracing their humanity through the stories of the people they serve. Part memoir and part manifesto, *Tell Me My Story* is one leader's message of hope and offers a map to healing for those doing humanitarian work. It's also a reminder: This service and the people who do it are crucial to our world, and we must equip, empower, and encourage them to work as the best version of themselves—for themselves, for their loved ones, and for the people they serve.

**Drawing from her expertise and key themes in *Tell Me My Story*, Dimple D. Dhabalia is available for interviews, articles and commentary and can discuss:**

- Normalizing mental health care in the workplace, especially for those doing humanitarian or caregiving work
  - Training for resilience: 5 tips to widen your window on tolerance to stress
  - Organizational trauma: the unacknowledged trauma impacting organizational profits and productivity
  - Generational trauma and its surprising impact on wellbeing in the workplace
  - The post-pandemic impact of moral injury and how it's reshaping workplace cultures
  - A roadmap for organizations to develop a holistic, human-centered duty of care that acknowledges the reality of employing humans
  - How to create trust and psychological safety in the workplace that will ultimately foster true connection and belonging
  - The occupational traumas and mental health challenges inherent to humanitarian work that often go unaddressed, and how they can be better handled
  - Self-care strategies to implement that can allow people to work in service of others *while also* being healthy, happy, connected, and joyful
  - Causes of vicarious trauma and moral injury and how individuals can heal from these forms of trauma
  - How organizations can use storytelling to foster social connection and empathy in the workplace
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## Praise for *Tell Me My Story*

*"Tell Me My Story* is a must-read—not only for those who dedicate their lives to helping others, but for all who have a story in need of healing." – **Angela Bailey, Founder & CEO, Angela Bailey and Associates and Former Chief Human Capital Officer for the Department of Homeland Security**

"Through authentic and vulnerable story-telling, *Tell Me My Story* shares a narrative to which anyone who lives or works in service of others can relate. Dhabalia challenges the common and perhaps dangerous narrative that we should simply suck it up to move forward through personal or vicarious trauma. She offers a practical approach and personal stories that demonstrate how self-care will magnify the duration and impact of one's efforts to serve others. And she further extends her Humanitarian Manifesto to leaders and organizations in hopes that

we will recognize the long-term benefits of human-centered cultures.” –**Steve Wiley, Founder & President of CEEK LLC and Author of Amazon #1 Best-Seller, *Navigate Chaos***

“*Tell Me My Story* is a book for people and organizations who seek to make a difference in the world. Weaving poignant stories from her own life and work as a humanitarian, Dimple Dhabalia offers suggestions and practices for how people and organizations can shift their mindsets and create cultures of empathy. This book should be required reading for staff at institutions that serve communities around the world.” –**Deepa Iyer, Author of *Social Change Now: A Guide for Reflection and Connection***

“A compelling mix of vulnerable storytelling and call-to-action, *Tell Me My Story* 'turns the light on' challenges like vicarious trauma and burnout that many humanitarian aid workers experience, and the need for change in how staff are cared for in this high-stress field.” –**Lauren Williamson, International Non-Governmental Organization (INGO) Staff Care professional and seasoned humanitarian aid worker**

“*Tell Me My Story* is a must-read for anyone who advocates, cares for, and helps others. It’s a testament to the power of vulnerability, compassion, and self-reflection in the pursuit of helping those in need. Dhabalia’s words serve as a guiding light for those of us committed to making the world a better place, reminding us that we must fill our own cups before we can pour into the cups of those we seek to help and true service begins with understanding and nurturing ourselves. This book share's invaluable insights and provides readers a guide to explore one's own path of self-compassion and care. *Tell Me My Story* is not just a book; it’s a transformative experience that should be on the reading list of every advocate, helping professional, and compassionate leader.” –**Katrina Whitney, Director, Central Washington University, Mindfulness Practitioner and Equity and Social Justice Advocate**

“*Tell Me My Story* comes at a pivotal moment for government and other human-centered organizations. In the race for recruiting and retaining high-performing humanitarians who will continue to thrive and deliver on their mission, leaders can easily adopt the brilliant Manifesto Dhabalia has developed. Her outline of practices will help senior leaders set the tone for the change that is needed now in these organizations. This wonderful and honest book is useful reading for all levels of humanitarians looking to lead with their heart, while protecting it.” –**Anne Baker, Foreign Service Officer of the United States of America, Retired**



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"A much needed, deeply healing, and eminently practical salve for those called to the service of others living through some of the hardest moments and toughest circumstances. It's time to start helping the helpers, *Tell Me My Story* shows us the way." – **Jonathan Fields, Founder of Good Life Project® & bestselling author of *SPARKED***

"*Tell Me My Story* is a timely and urgently needed book. Dhabalia describes the emotionally demanding struggles of living with traumatized individuals, working with organizations who deal with traumatized clients, and confronting the denial within family and organizational systems about the impacts of trauma. Profound stories demonstrate respect for work with individuals and communities who are traumatized with the need for self-respect and healing. Dhabalia offers hope, and her practical and grounded methods provide a foundation for healing." –**Shana Hormann, MSW, PhD, Professor Emerita, Antioch University Graduate School of Leadership and Change, organizational consultant and author of several publications on organizational trauma and healing**

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*Tell Me My Story* is available on Amazon and wherever fine books are sold.

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