

# **Mapping the Invisible: Embedding Emotional Resilience into Geospatial Eco system in Sub-Saharan; A Case Study from Sub-Saharan Africa "Nigeria, South Africa and Kenya"**

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## **SUMMARY**

In the growing discourse around spatial equity, digital transformation, and sustainable development, the emotional wellbeing of geospatial professionals especially in the Global South remains critically underexplored. While technical innovations and land governance reforms continue to advance, many young professionals navigating this sector face silent psychological and emotional burdens that hinder performance, leadership, and collaboration.

This paper investigates the intersection of emotional resilience and professional development within geospatial practice, drawing from a psychosocial support initiative piloted among early-career surveyors in Sub-Saharan Africa. The initiative, designed to foster storytelling, peer encouragement, and leadership through reflective digital circles and emotional audit tools, emerged as a grassroots response to widespread burnout, academic pressure, and systemic neglect of mental health in technical disciplines.

A qualitative content analysis of over 200 anonymized participant reflections is presented, alongside a synthesis of literature on trauma recovery, peer healing networks, and youth leadership. The findings demonstrate that participants reported significant shifts in emotional clarity, peer engagement, and leadership expression suggesting that emotional wellbeing is not peripheral but central to geospatial innovation and sustainable practice.

The study further outlines a scalable framework for integrating emotional wellness into geospatial education and professional environments, contributing to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities). By centering lived experience and low-cost digital support mechanisms, the paper offers a model for advancing equity not only in land access, but also in access to healing and safe professional

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spaces.

It concludes with a call for greater institutional recognition of emotional resilience as foundational to leadership, productivity, and inclusion within the geospatial community. A proposal is made for piloting such support frameworks across tertiary institutions to cultivate healthier, purpose-driven professionals equipped to shape the future of land and spatial development.

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