

Accidental Activist: New Podcast Mini-Series Explores What Inspires Ordinary People to Stand Up Against Injustice

The special series from The Activist Lawyer Podcast will debut on August 31 and is sponsored by Humanitas Media

MINNEAPOLIS, MN, UNITED STATES, August 28, 2026 /EINPresswire.com/ -- What turns an ordinary person into an activist?

Acclaimed human rights advocate and author Brian Dooley and solicitor and human rights campaigner Sarah Henry explore that question in *Accidental Activist*, a new four-part mini-series from The [Activist Lawyer Podcast](#), sponsored by [Humanitas Media](#).

Dooley, a senior adviser with Human Rights First, joins Henry, founder and host of The Activist Lawyer Podcast, for candid conversations with campaigners and human rights defenders who never necessarily intended to become activists—but found themselves compelled to stand up against injustice.

These are stories of individuals who responded to inequality, discrimination, environmental harm, violence, or injustice in their communities and discovered the power of collective action. Their experiences demonstrate that you do not need a particular qualification, title, or profession to become an advocate for change. All it takes is a willingness to act.

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What turns an ordinary person into an activist?”

Hosts Brian Dooley and Sarah Henry

Across four compelling episodes, Dooley and Henry speak



Accidental Activist Podcast

with remarkable guests about their journeys, achievements, challenges, and the lessons they have learned along the way. The series premieres Monday, August 31, with a new episode released on the last Monday of each month.

Episode 1: Johanna Nejedlová, Co-Founder of Konsent

Run date: Monday, August 31

In this episode, Johanna Nejedlová, founder of Konsent, discusses the importance of challenging harmful attitudes and equipping young people to understand and communicate consent.

Episode 2: Hajrija Čobo, Environmental Rights Defender

Run date: September 28

Hajrija Čobo joins Brian and Sarah to discuss her journey as an environmental rights defender and campaigner. She shares how concerns about environmental harm and its impact on local communities led her into activism, and reflects on the legal and advocacy efforts she has undertaken to protect environmental rights. The conversation explores the growing recognition of environmental issues as human rights issues, the obstacles faced by environmental defenders, and the determination required to challenge powerful interests in pursuit of justice and accountability.

Episode 3: Mary Lawlor, Former UN Special Rapporteur on Human Rights Defenders

Run date: October 26

A pioneering figure in the global human rights movement, Mary Lawlor reflects on her remarkable career advocating for human rights defenders across the world. Drawing on decades of experience, including her service as United Nations Special Rapporteur on the situation of Human Rights Defenders, Mary discusses the increasing pressures facing activists today and the importance of international solidarity. She also offers advice for the next generation of campaigners and shares insights gained from supporting defenders working in challenging environments.

Episode 4: Alan Brecknell, The Pat Finucane Centre

Run date: November 30

In an insightful and personal conversation, Alan Brecknell discusses his work with the Pat Finucane Centre and shares how the loss of his father, Trevor Brecknell, shaped his commitment to supporting victims and survivors of the Troubles in their pursuit of truth, accountability, and justice.

About the Hosts

Brian Dooley is a leading human rights advocate, writer, and campaigner. He is a senior adviser with Human Rights First and has spent decades working with human rights defenders and activists across the globe. Brian is the author of several books on human rights and activism, including his forthcoming book [Defiant: Profiles of Resistance](#), which will be released this October. Throughout his career, he has documented abuses, supported grassroots activists and championed the rights of those working for justice and equality.

Sarah Henry is a solicitor, human rights advocate and host of the Activist Lawyer Podcast. Originally from Newry, County Down, Sarah has extensive experience working on human rights, equality and social justice issues. Through her legal practice, advocacy work and podcasting, she is committed to amplifying the voices of activists and campaigners and encouraging others to become agents of positive change in their communities.

About the Sponsor

Humanitas Media was born from a belief in storytelling as a force for human rights. The organization supports powerful stories that expose injustice, confront oppression, and amplify marginalized voices. Through books, podcasts, and other media, Humanitas Media works to build awareness, empathy, and solidarity.

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