



Leadership Training Nepal 2009-2010

In October of 2009, BEabove Leadership, in partnership with the Bright Futures Foundation and supported by Coaching The Global Village (CGV), traveled to Nepal to teach leadership to a women's microlending cooperative in the foothills of the Himalayas. We are thrilled that the women of the Jagrit Women's Coopertive in Bhotechaur, Nepal have asked BEabove Leadership to come back to lead a four-day advanced Leadership Program for them this year. We will be heading back to Nepal at the end of September, 2010.

By request, this year's workshops will include:

- Deepening awareness of personal strengths as a leader
- Basic coaching skills for one to one peer support
- Advanced speaking and training; and
- Advanced understanding of positive and negative energy: how to understand it, how to work with negativity, how to stay – and lead from – “above the line”

BACKGROUND:

In the fall of 2009, BEabove Leadership worked with a group of 17 high potential female leaders from the Jagrit Women's Microlending Cooperative in Bhotechaur, Nepal. This is a home-grown group of women who recognized the need for cooperative micro-loans, training and support to promote self-sufficiency and self-esteem in the local women in this remote area of Nepal. With some support from The Bright Futures Foundation and a lot of energy and courage, they have grown to over 150 women who pay monthly into the cooperative and have the opportunity to borrow money for candle-making supplies, goats, and other economic opportunities.



BEabove was asked to develop and lead workshops that would help these leaders gain confidence and skills to promote the cooperative in the local area so that they can gain more involvement from other women. The leaders also wanted to be more accomplished at teaching practical skills to other women. Using a Nepali interpreter, BEabove offered two highly experiential one-day workshops:



DAY ONE—Leadership Exploration

- Defining leadership
- Exploring self as a leader: gifts and challenges
- How an effective leader works with others
- Positive and negative energy states (above the line, below the line)
- The power of leading from above the line

DAY TWO—Leadership Practice

- Deepening self-awareness as a leader
- Powerful speaking and persuasion (each woman did a 3-minute presentation and received feedback from her peers)
- Teaching skills and how to work effectively with groups

Workshops were highly interactive and experiential, utilizing many effective methods of adult learning, including individual and large and small group work, as well as practice of all skills.

Participant Engagement and Feedback

The women were highly engaged and excited to have this kind of training. They participated fully, offered opinions and engaged in all of the exercises with no hesitation. We asked the Jagrit Cooperative group leader to hold an evaluation session after the two days without the trainers so that the women would feel free to offer candid opinions. They had one



complaint only, and that was that we were leaving! "Please come for a week next time," they asked us. "We have so much more we want to learn."

When asked what the main value was of the training, the women said that the idea that they would be more effective as leaders coming from a positive energy state (in our words, above the line) was powerful—this was the consistent main theme when asked what they got out of the two days. They told us that in taking the word out about the cooperative to the local villages, they encountered a lot of negativity, especially from male leaders and husbands. "Now I feel more ready and committed to stay positive even when I am being challenged. I know it will work if I am patient and persistent."

Other comments about the overall benefit of the training:

- "I feel more valuable as a woman when I hear from my sisters their belief in themselves and other women."
- "I never knew I was a good speaker even if I am nervous!"
- "This is so important to me, I want to change things for women in Nepal. This training made me feel stronger in that."
- "The idea that I am not responsible to fix everyone and everything, but only have to do my best, makes me feel less nervous."
- "I didn't know that women in the U.S. have some challenges like we do."
- "I feel like it is easier now for me to tell my story and not be ashamed. My sisters made me feel like I am important, and that my story helped them! I was very surprised at this."
- "I feel more ready and more committed to keep doing what I am doing to help other women. I feel stronger."

Leadership Training Nepal 2010

This year, Coaching The Global Village has generously offered \$1000 to help support the trip. So far other sponsors include The Coaches Care Project (the philanthropy arm of James Komosinski and Practice Pay Solutions). Other sponsors and partners are being sought as well to meet our goal of \$5000.

Your tax-deductible donation can be made to:

Bright Futures Foundation
PO Box 248
Murphy, OR 97533

Please note that your donation is for BEabove Nepal Expenses

You may also donate online at www.brightfuturesfoundation.org



BEabove Leadership was co-created by two life coaches, change management trainers and transformational leaders: Ann Betz, CPCC; and Ursula Pottinga, CPCC. The vision for the organization arose from a shared passion for heart-centered leadership and living with joy, combined with a deep desire to help others remember their innate capacity to lead and live “above the line.”

Ann Betz, CPCC, has both a passion and a gift for making teachings and theory real, understandable, and powerfully applicable in day-to-day life. A certified coach and experienced trainer, Ann currently leads the Certification Program for the Coaches Training Institute and is on contract as a leadership coach and trainer in Cargill’s High Performance Management Program. Ann is the co-founder (with Ursula) and former executive director of the non-profit organization AmeriCoach, which provided leadership development and training for young leaders engaged in community service. Over the past ten years, Ann has developed numerous workshops on using coaching skills in the workplace, effective leadership, the power of living from love instead of fear, and creativity. She has worked extensively with Fortune 500 companies, non-profit organizations, school districts, and volunteer programs on strategic planning, team building, and leadership. Ann recently relocated to Minneapolis from four years in Costa Rica. Her email is ann.betz@gmail.com.

Ursula Pottinga, CPCC, *Everest Hospitality Consulting*, believes in the power of possibilities and encourages her clients to create their life from a compelling vision anchored in their strength and passion. A certified coach with 11 years’ experience, Ursula was a successful leader in the hotel industry, working for major hotel chains in Germany, Belgium and England. She is often hired to help individuals and companies manage change and to lead with clarity, communication and compassion in times of pace, complexity and chaos. Ursula is the co-founder (with Ann) of AmeriCoach, and served a term as its executive director and is also a certified Prosperity Guide. Over the past 10 years Ursula has developed trainings on leadership and peer coaching skills, creating a powerful vision, living in abundance and the power of living from love instead of fear, which is the hallmark of Beabove Leadership. She is the co-author of a number of books and e-books. Ursula lives in Central Florida. Her email is upotting@mchsi.com.

For information about BE^{above}, including an interactive blog, video clips, downloadable mediations, articles and much more, please visit:

www.beaboveleadership.com