

Happiness Learning Joyshop



*A fun way to inter-team and cross-team teambuilding
and collaboration exercises*



Kabule-the Wise Leader

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Highlights

It is a playful, engaging and highly experiential program designed to meet the personal need of recreational retreat and at the same time professional need of the practical day-to-day work related challenges and to deeply connect with people we work with, and as a community of people working together.



Participants enjoying a team game

It is hundred percent fun and hundred percent insights.

You can call it a workshop, but more lovingly we call it a *joyshop*. Surely, retreat is there, but our effort is to give you a *real-treat* – holistically to the body, mind, heart and spirit.

Methodology

The methodology blends the best of the East & West. Increasingly the boundaries between the mystical eastern approaches and the practical business paradigms are melting. It is like being taken on a magical journey and yet having one's feet on the ground.

- Team games, energizers & ice-breakers, reflections, lively dialogues and interactive presentation
- Outdoor Activities
- Flow & Play
- Exercises and healings for body and mind



En

Duration:

One day to three days

Contents:

Develop together to address organizational need.



Some testimonials from our past clients:

"Now we are seeing the changes in our office – the result of the retreat you facilitated."

✚ Mr. Khadaga Pandey,
Impact and Operation Manager, VSO Nepal (www.vso.org.uk)
(a month after 3-day retreat program facilitated by Kabule)

"I have had an opportunity to attend Kabule's training on Leadership & Teambuilding. It was interesting and very unconventional training than those I have attended so far. It is so profound and yet so simple. The warm-hearted nature and facilitation style of the trainers added much value to the training. It led me to seek Kabule to facilitate retreat in 'Joyshop' of 'Women's Cooperative Society Ltd. (WCS)' and 'Strategic Planning' of National Coalition Against Racial Discrimination (NCARD). The experience has been wonderful and thoroughly enjoyed by all the participants. I am amazed by how deep insights were realized in a playful way. Thanks Kabule for giving us such a wonderful experience."



Women participants in cheerful mood

✚ Sumitra Manandhar Gurung (Ph. D.), Chairperson, WCS

Thank you very much for the wonderful program, we all really enjoyed and I can see the positive energy glowing within me. Fantastic delivery!

✚ Prasamsha Sharma, Expert, MOD Section, Ncell, Part of Telia Sonera Group

"It has been a wise decision choosing Kabule for facilitating the annual staff retreat program. All staffs were happy and thanked me for bringing Kabule."

Everyone was amazed how so many activities (indoor, outdoor games, exercises, reflections, meditation, healing and relaxation) were possible in a half-a-day. It has been both entertaining and useful for enhancing leadership quality and team spirit. It was full of fun and high level of learning that is not found in even in training programs.



One of the teams of participants in WWF retreat program

Thanks R., my dear friend."

✚ Mr. Shiva Acharya, HR & Administration Manager
Room-to-Read (www.roomtoread.org)

Objectives:

- ✚ To make the team feel energized, refreshed and relaxed; and fill with renewed enthusiasm and motivation
- ✚ To learn practical dimensions of inter-team and cross-team teambuilding and collaboration
- ✚ To discover happiness in self, in work and in working together with people
- ✚ To awaken leadership within through team games and empowering mindset
- ✚ To derive insightful learning in fun and play
- ✚ To have fun



The Approach:

From years of experiences in facilitating training and retreats we have found that learning happens more in fun than in a serious setting. We can see children learn faster than adults. Insights come when we are relaxed and lighthearted.

Our programs run holistically at four levels:

1. **Body** – Body is the foundation. We engage the body through games, activities and exercises in the funniest manner so that we can be connected to the child within – the source of playfulness, happiness and openness. These are essential pre-requisites for insightful learning and higher intelligence.
2. **Mind** – Mind is always engaged in thinking. Mostly our thinking is guided by certain patterns and structures. That makes us soon tired. Here, we experiment with wonder from where creative solutions are possible.
3. **Heart** – “The heart of the problem is the problem of the heart.” And, “Heart of the matter is the matter of the heart.” In official setting we rarely talk from and listen to the heart. Many problems that cannot be solved by hard thinking mind can be solved in no time by the engagement of the heart. Here, we nourish the heart – emotions and feelings.
4. **Spirit** – We are ‘human beings’. But in modern world, we have forgotten that we are human beings and have become ‘human doing’. Being is our essence. This is the ‘life’ of our life. Here, we awaken the true essence of our being.



Engaging body. It is Creative Movement Therapy.



Meditation is, in fact, simple and benign.

Measurement of Impact:

- *'Kabule'* has been into leadership development and team building for the last six years and has conducted over fifty programs for I/NGOs and corporate houses. It



Participants of Nepal SBI Bank honoring trainers at the end of a program

has organized over 30 Leadership & Teambuilding programs in Kathmandu which have been appreciated by some 500 professionals for making them behave spontaneously as an effective leader and team player. Some have shared that the course has opened up new insights in their life. And some have also shared the program as a transformational experience – profoundly revealing and life-changing in a very precious way.

- *'Kabule'* has facilitated over a dozen of 'retreat cum learning' programs for I/NGOs and corporate houses. Recently, we have facilitated six groups of staff of Ncell (Nepal's largest mobile service provider) with the title 'Finding Joy At Work'. Initially, we were asked to conduct for only one group in Dec 2011, but immediately they offered to deliver to five more groups consist of frontline to senior managers and directors. Also they extended our training to their sales department titled 'Sales Champions' in a residential retreat format. We have facilitated large groups of staff retreats from half a day to 3 days.

- We have worked with professionals at different levels – senior professionals including CEOs/Country Directors and functional heads of organisations, mid level managers and some frontline workers. Some in-house programs include from the CEO to Drivers and Guards. The beauty is that the feedbacks from all were equally positive.



"Are you happy?" "Yes, we are."
In a program with NCELL

- Many organizations have repeatedly hired our service and have sent participants on a regular basis.



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Lead-Facilitator:



R. Manandhar is a professional trainer, executive life coach and psychological counselor. With two decades of leadership and managerial experience in international organizations under his belt, he has been helping people better develop their personal and professional excellence for the last seven years. His programs have touched the lives of hundreds of people, who claim to have been positively transformed following their participation.

While leading the training organizations– “Kabule-the Wise Leader” and “NLP Nepal Catalyst for Transformation Pvt. Ltd.”, he is the pivotal person in designing and delivering trainings particularly on leadership, management and team building exercises. He is also a certified NLP trainer from ICTA and Makani Academy (Denmark and Cyprus). He has received training on Inspiring Leadership, Gestalt, Mindfulness and Positive Psychology from internationally reputed trainers like Dr. Richard McHugh, Barbara U. Jones (Ph. D.) (www.barbaraujones.com), Jack and Helen Makani (www.makani.com), Kiran Gulrajani (www.CoEvolve.in), Nithya Shanti (www.loving silence.org).

He has also been a regular columnist in several magazines on leadership and personal development. He has contributed to the Yubamanch monthly digest for two years; and at present he has been contributing to The Himalayan Times (Nepal’s No. 1 English daily) as a columnist of the ‘Leadership League’ since 2010.



'KABULE – the Wise Leader'

An Introduction

'KABULE- the Wise Leader' (www.kabule.com.np) was established in 2006 with the aim of supporting individuals and professionals who wish their development. Whether you are seeking a profound transformation or just looking for a boost to your already satisfying life, 'KABULE' is here to assist you with a multitude of diverse and effective methods.

The potential inside each of us is immensely powerful. We have specialized for years in unlocking this potential in both individuals and groups through innovative courses like 'Inspiring Leadership and Team Building.' This flagship program has been attended by several hundred leaders from prestigious organizations from Nepal and outside. The overwhelming response we received from this course has led us to expand into other areas such as - teambuilding, communication & personal excellence, project cycle management, stress management (Joy at Work), emotional intelligence, advocacy & influencing, social transformation, etc.

During the last five years, we have facilitated staff retreats teambuilding exercise of over a dozen organizations.

Some of Kabule's clients have been:

VSO-Nepal	Action Aid	AED/FHI
Ncell Pvt. Ltd.	Nepal SBI Bank Ltd.	United Telecom (UTL)
ESAP/AEPC	Pragya Management	Nepal Telecom
PLAN Nepal	Save the Children	USAID
CMC-Nepal	Room-to-Read	KIRDARC
NEWAH	Peacewin	PSI-Nepal
NNDSWO	RIDS-Nepal	Voice of Children (VOC)
WWF – Nepal Program	NGO Forum	Global Action Network
BIJAM	Birgunj Finance Company Ltd.	Search For Common Ground
The Royal Norwegian Embassy	Swiss Agency for Development and Cooperation	Women's Cooperative Society Ltd. (WCS)
PRAN/World Bank	UNHCR	Afghanaid, Afghanistan
RAS/GIZ	Lumanti – Support Group for Shelter	Kiran Village, India
ENPHO	Handicap International	ICCO Cooperation