

## Reflections from Creative Leadership Training

I am highly grateful for providing such a soulful insight in various aspects of life such as creative leadership, responsibility, personal excellence, communication skills, etc. I believe that even if a little bit of this can be implemented in our real life will be really meaningful and fulfilling.

- Gaurab S. Thapa, United Telecom

The topics were very contemporary and relevant to everyday and professional life. The presentation was simple and clear...

- Krishna Thapa, Chairman, VOC

Contents of the training are practical and relevant. I really enjoyed yoga during the training.

- Kalpana Basnet, VOC

Thank you so much for these 3 days. It has been a wonderful experience.

- Nima Lama, The Last Resort



Setting of one of Creative Leadership training programs.

# Creative Leadership

- R. Manandhar

Anagram looks like just a play of words. However, while playing, it seems also that every word has wisdom in itself. By shuffling the letters of the word LEADER, the other word we can make is DEALER. In fact, to lead is to deal. A leader's responsibility is to deal with people and situations. Anagram sometimes makes sense and other times does not. When you change the order of letters of the word ASTRONOMERS, it becomes 'NO MORE STARS'. LATENT

has TALENT hidden in it. Similarly, the word REACTIVE, only by reordering the letters, can become CREATIVE.

Your leadership style could be reactive or creative. The letters in these two words are same but the attitude of these two leadership styles is totally different. Reactive actions are retaliation to other people's action or situations. They are more of 'tit for tat'. Creative actions are a result of your personal power. They are positive and benign. Generally, people think only poets and artists require creativity. However, leadership demands creativity as much as or even more than poetry and painting. Leaders design vision in their mind just like a novelist designs a plot or an artist internally visualises painting. More importantly, artists and writers put down their ideas only in papers, but leaders have to make them happen in the real world.

Both reactive and creative have the word ACT in them. Leaders need to

Contd. on page 4...



Energizing exercise during training



## Upcoming Training Highlight

# Creative Leadership and Team Building

Artists and writers put down their ideas in papers. Leaders have to make them happen in the real world.

*This is not merely a program. It is an adventure – to unfold the highest in you, to learn, to inspire leadership and to awaken the art and science of creative leadership & team building— in a diversity of realities— Corporates, NGOs, Schools, Families and Community.*

### CONTEXT

We are living in a difficult and increasingly complex world. Work cultures and values, across societies are rapidly changing. These are challenging times, and yet exciting—in terms of real growth opportunities.

Today, the biggest issues revolve around the area of leadership and communication in organizations. In other words, organizations today need leaders at the mid and senior level who can be powerful change catalysts in transforming the organization to a higher order of excellence through effective communication. Collectively such agents of change across different functions and hierarchies weave a robust network within the organization to embed and sustain a culture of high performance, business growth and an engagement workforce.

Clearly the need of the hour is a leadership that has shifted from being controlling, directive to becoming more enabling and empowering. In order to help manifest the subtler and sterling qualities of a leader to meet the demands of organizational effectiveness, we would need to work at a rudimentary level of the 'SELF'. When the core of the individual has been tapped it has a direct bearing on the qualities he manifests or the actions he takes as a leader and an effective communicator.

## Program

August 26 to 29, 2013 (Four days, 9am-5pm)

Hotel Marshyangdi, Thamel, Kathmandu

Cost: NPR 14,500



Group photo at the end of the training

### Program Objectives

- Learn practical magic to energize people, teams and the organization
- Learn how to build lasting relationships with people— both internal and external
- Apart from conventional methods like role-plays & team games, learn breakthrough processes
- Discover how to make effective leadership and creative team results last

### Core Contents

- Building leadership mind-set
- Vital attitude skills
- Leader as communicator
- The art of influencing
- The art of giving and receiving feedback
- Emotional Intelligence
- Responsibility – from compliance to profound commitment
- Time management
- Stress management
- Self-Leadership : The ultimate leadership task
- Learning as a part of organizational culture

# Joy At Work

... stress management and beyond

... to find meaning and joy in life and at work

*“Quality of life is as important as life itself.” – Meir Schneider*

*Joy At Work*, as the name suggests, helps us acquire just that by exploring ways through which we can make our presence and purpose in our professional lives more profound and consequential. A session that is interactive, engaging and highly experiential, it has been designed to help us deeply re-connect with:

- our inner awareness,
- each other, and
- our highest purpose as individuals and as a community of people working together to attain the organizational goal.

*Our effectiveness as an individual and a group augments when our actions are guided and preceded by open and honest dialogue, intent listening and reflection upon our lives. In a group, the program can facilitate a high degree of trust, mutual understanding, openness to diverse views, clarity of thought, among other factors.*



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 organizations, he is the focal 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 trainings on inspiring leadership, Gestalt, mindfulness and Positive Psychology from internationally reputed trainers.

He has also been a regular columnist in several magazines on leadership and personal development. He has contributed to Yubamunch for two years; and at present he has been contributing to The Himalayan Times as a columnist of the 'Leadership League' since 2010.

## Program

August 14, 2013 (One days, 9am-5pm)

Hotel Yak & Yeti, Durbar Marg, Kathmandu

Cost: NPR 1,900

### Program Objectives

- Find broader meaning and happiness in life and at work
- Access oneself to the secret of cheerful relationship with self and others
- Increase awareness, identify sources and symptoms of stress
- Develop personal strategies for building resilience and bounce back to joyful self with ease
- Apply concepts in building and maintaining synergetic supportive teams
- Formulate personal plan and set goals for implementation of the learning at workplace.

### Core Contents

- The secrets of joyful living
- Stress - Basics
- Understanding Body-Mind-Energy complex
- Levels of consciousness
- Developing powerful mindset
- NLP presuppositions and tools
- Body-Mind exercises
- Integrating health and energy practices into our daily routine
- Handling real life stress practically
- Relationships and Health – managing interpersonal conflicts
- Self-healing



...contd. from page 1

act. How you act determines your leadership style. Being reactive is painful to you and others. It could be aggressive and manipulative. Reactive behaviours are mostly mechanical, instantaneous and emotionally blind. They are painful and eventually backfires. Being creative is powerful. It is because when you are creative, you are aligned to the energy of creation. Creation is creative simply because she enjoys manifesting herself. She is not acting in reaction to another creation.

Creative actions generate out of conscious choices. They are spontaneous, relaxed and thoughtful. Creative leaders focus on the power of self. If you focus only on what wrongs are happening around you, you cannot see your own power and your responses become limited. Once you relax and focus on yourself, you will find at least 10 options to respond to every situation. Then you are more powerful because you have so many choices of your own. Thus, when you are reactive, you become a bad dealer. When you are creative, you are a good dealer and a good leader.

## Contact

Kabule - the Wise Leader

kabule@mos.com.np

kabuleader@gmail.com

www.kabule.com.np

 KabuletheWiseLeader

 raj.kabule


A session on Leadership to senior managers of Dept. of Education




## Kabule offers

- Leadership development
- Management development
  - Neuro-Linguistic Programming (NLP)
  - Stress Management
- Community Development related trainings
- Staff Retreat Facilitation
- Team Building Program
  - Inspirational talks
- Working with Mindfulness
- Modern-day meditation
- Executive Life Coaching


## Reflections from Joy At Work Training

 Joy at Work training has helped in generating positive consciousness in people. The energy at work is good. People are seeking more responsibilities and challenges at work. Some stress busting tips have been practiced by our agents on regular basis that has created more patience in them which is really important for customer relationship management.


-Heema Mukarung, Team Head, Training and Quality Assurance, Ncell

 The training was awesome. We loved it. We learnt a lot of things which are really helpful to develop ourselves personally and professionally as well.

-Rupak Shrestha, Ncell

 Today's session "Joy At Work" proved to be very useful. I am impressed and happy and willing to apply what I have learnt today.

-Alpana Thakur, Ncell

 I felt today's training is very fruitful for all who are working/entering in the modern business world. This program is very helpful to minimize stress and live life positively.

-Buddhi Ram Adhikari, Ncell



Creative movement therapy in Joy At Work