



MyQuest Foundation

MyQuest Foundation is building the next generation of leaders. We encourage Nepalese youth to take leadership over their own lives and become change agents for their society.

MyQuest Foundation makes talent work



Mission

MyQuest Foundation is building the next generation of leaders. We encourage Nepalese youth to take leadership over their own lives and become change agents for their society. Nepalese youth from socially and economically vulnerable backgrounds face many challenges. They may not have a family or home to comfort them, nor a social safety net to support them. Nor money or possibility to earn any. We provide a Personal Leadership Programme to these Nepalese youth; a one-year programme empowering youth towards personal growth and development and to support them in creating a future that is bright, hopeful and meaningful.

Background

Nepal is one of the poorest countries in the world. 41% of the population is estimated to have an income between \$1.90 and \$3.20 per day. 9.3% is living below the international poverty line of \$1.90 per day (World Bank 2019). Despite ongoing developments, inequalities based on for instance gender, age, ethnicity and caste still exist today and result in unequal access to educational and job opportunities for youth. Especially youth in vulnerable situations, such as those from socially and economically deprived backgrounds, face a lack of government support. Although some youth may receive support from non-governmental organisations, the transition to participate independently in society is often daunting. The labels attached to them and the social



stigmas they face because of their background have an impact on their confidence and ability to live an independent and meaningful life. MyQuest Foundation offers a unique and sustainable programme that prepares these young people for life; support they would otherwise not receive.

Vision

All Nepalese youth take the responsibility for their own life and become the main actors of their own future, in order to live a fulfilling life and make a positive impact on Nepalese society as pro-active, responsible, resilient and compassionate young adults.

Mission

To create self-awareness amongst Nepalese youth that everyone is born with a set of unique talents and bring them into connection with their inner truth and power.

“Many youths have to deal with self-criticism. “I’m not good enough, I’m from an orphanage, society will not like me, I’ll never get a job.” We help to process and deal with these thoughts and to focus on their talents.”

Asmita Roka,
Youth Coach





Goal & method

Goal

Our goal is to inspire and encourage Nepalese youth (16-23 years old) from economically and socially challenged backgrounds to become independent, self-sufficient and mentally healthy young adults, so that they will be the actors of change.

Method

The Personal Leadership Programme is preceded by a careful selection process during which partner organisations are selected by our team of professional Nepalese coaches. In turn, partner organisations identify motivated youth to take part in the Personal Leadership Programme. Participants are between 16 and 23 years old when entering the programme and their motivation to grow and develop is one of the key factors because their commitment and enthusiasm is vital in order to achieve the greatest impact of the programme on their lives.

Three step approach

MyQuest Foundation uses a three step approach for its one-year youth programme:

Step 1: Introduction

Step 2: QuestTrek®

Step 3: QuestTribes

Step 1: Introduction

Two introduction sessions are organised prior to the start of the QuestTrek. The first session takes place two months before the scheduled date of departure. The second session, combined with international participants, takes place one to three days before the QuestTrek. The main goals of these sessions are:

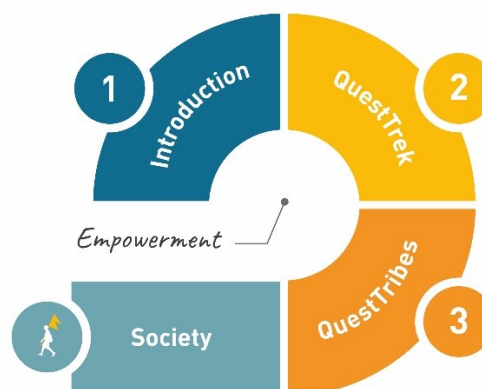
- Ensuring mental and physical stability for the rigours of the programme
- Understanding the programme's core concepts

Step 2: QuestTrek®

QuestTrek is a six-day Personal Leadership trek in the Himalayas. It is about discovery and exploration of one's unique qualities, strengths and talents so as to take ownership of one's life. The first three days are about reflection and awareness. Who am I? What are my core values? Which habits, patterns and thoughts are not serving me anymore and stand in the way of my full potential? The last three days are about creating their future based on their new insights. Where do I see myself in five years? How do I get there? Who can help me with this process? By the end of the QuestTrek, the Nepalese youth draft a personal development plan specifying what they will do over the next five years.

QuestTrek is based on Theory U, a change management model designed by Otto Scharmer (www.theoryu.com), which believes in a transformation that comes from our deepest desires and potentials.

Three step approach towards empowerment



step by step



looking for talent



“The QuestTrek is an incredible start to an introspective journey for our young adults here at Kopila Valley in Surkhet. As our kids get ready for life outside our walls, the QuestTrek provides them with a platform to explore the emotions surrounding this new stage in their lives. They have said that QuestTrek got them thinking about themselves in a way they never have before.” **Maggie Doyne, Founder & CEO BlinkNow Foundation and Kopila Valley Children’s Home & School, CNN’s hero of the year**

The trained Nepalese youth coaches guide participants through this process step by step using a combination of transcendent nature and innovative techniques such as Theory U, Co-Active Coaching, Motivational Interviewing, experiential learning and Rock and Water.

Step 3: QuestTribes

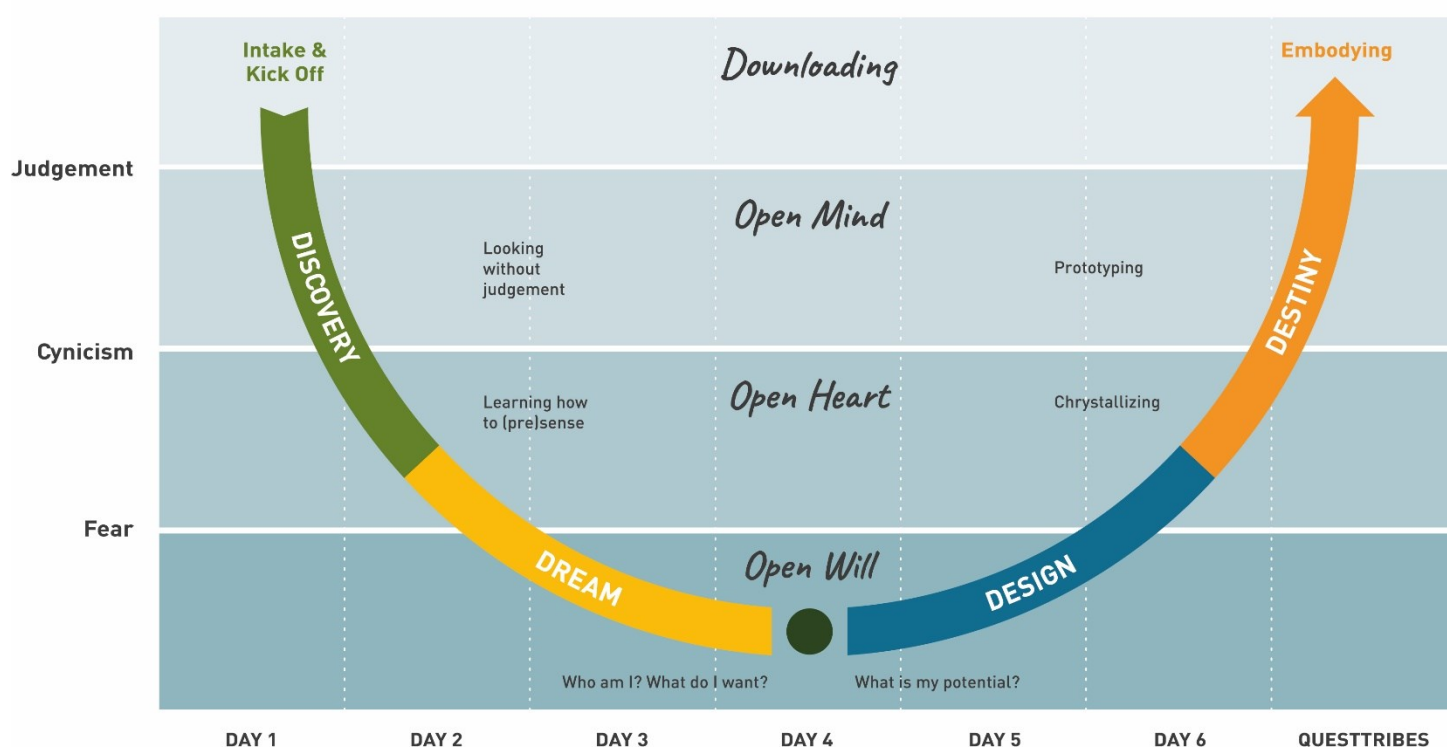
After completing the QuestTrek, participants are invited for a follow-up programme called QuestTribes. This programme includes six training days which take place every six weeks.

The purpose is to continue the process initiated during the QuestTrek and to guide the youth further into manifesting their future plans.

Individual coaching sessions along with group sessions support a more in depth development of life skills and provide backing in tackling whatever challenges or obstacles the participants are and will be facing.

The QuestTrek has more impact in combination with QuestTribes. During the QuestTrek, participants undergo an inner healing process and develop a personal development plan. QuestTribes supports the youth in making these plans more concrete so as to become confident and independent members of society.

Application of Theory U for the QuestTrek®





Impact

Results show that the Personal Leadership Programme increases the self-awareness of Nepalese youth about their unique talents, inner strengths and positive qualities. By learning to make peace with their past, changing their mind-set from victimhood towards self-creating agents and focusing on their future, the Personal Leadership Programme empowers youth to become confident, courageous and resilient young adults ready to take on life.

Between 2011 and 2019, MyQuest Foundation has completed 58 QuestTreks and the programme has changed the lives of 449 Nepalese youth (209 girls and 240 boys). The impact of the programme for each individual participant is measured three times during the programme. Results from a 2019 impact evaluation show that before the Personal Leadership Programme, only 24% of the youth indicated they either had a clear idea about their future or had a clear idea and were taking steps to reach their goals, whereas after the completion of the programme, this increased to 90%. Youth also indicated; confidence, family relations, determination and ability to share and speak up as other facets impacted by the programme.

Sustainable development goals

MyQuest Foundation's Personal Leadership Programme contributes directly to following six of the 17 Sustainable Development Goals:

1 NO
POVERTY



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



5 GENDER
EQUALITY



10 REDUCED
INEQUALITIES



11 SUSTAINABLE CITIES
AND COMMUNITIES



“The programme focuses on empowering youth to believe in their own talents. It motivates them to have a command over their life, to become independent young adults.”

Nishant Baidhya,
Youth Coach



Join our programme, it changes lives

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