



QuestTrek® Intercultural in Nepal

Spring and Autumn 2020.

Helambu and Langtang National Park,
Nepal www.myquest.foundation

MyQuest Foundation coaches individuals to recognize their own worth and how to live their lives with meaning and authenticity.



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QuestTrek® Intercultural

The QuestTrek is a six-day personal leadership trail through the Himalayas in Nepal. You make a firm commitment to be offline the whole time, carry your own backpack and go by foot through the mountains. You will go through an intensive process of awareness, release, creation and manifestation. Your talents, qualities and core values become clear. You distance yourself from your old habits, patterns and customary mindset that are not serving you anymore. From here you create space and allow yourself to connect with what really matters in life.

You take part in various activities based on Theory U, Motivational Interviewing, Co-Active coaching & Creative Consciousness coaching. By immersing yourself in the peace and power of nature you rediscover your inner core and feel an enormous “boost” in stepping into your own power.

Before you go on the QuestTrek you are required to fill in an online talent questionnaire, and you will also have a personal intake with your coach. The day before the QuestTrek you meet the other participants. After the QuestTrek, you will have two coaching sessions with your coach, spread over a three/four-month period.

For whom is the QuestTrek?

- If you wish to develop and grow personally and/or professionally
- If you are facing an important decision (in your private or professional life)
- If you want to deepen your self-knowledge on core values, strengths and talents
- If you wish to achieve a clearer purpose and picture of who you are and what you do
- If you are curious about broadening your horizon about yourself and life

The QuestTrek group consists of 16 participants (eight internationals and eight Nepali youth).

The powerful interaction of cultural backgrounds, gender and age differences give you new perspectives about yourself and your life. The diversity of the participants ensures that the programme is very enriching and you experience how the input of others broadens your mindset.

Investment and Sponsoring

Participation costs EUR 2350,- p.p. including VAT, excluding your air ticket. For Kathmandu residents and possible scholarships, please contact us for our different price packages.

You donate the entire amount to the MyQuest Foundation (designated as a non-profit organisation (ANBI) by the Dutch Tax Office). This means that the costs of your participation are covered (including the two coaching sessions on your return) and that we are able to offer Nepali youth a twelve-month leadership programme.

Award Winning Programme

In the presence of the Dalai Lama in 2014 QuestTrek received the accolade “best practice”. Since then we have completed more than 100 QuestTreks and 449 young Nepali have taken part in our programme.

Testimonial

“The QuestTrek was a very special experience as I was able to rediscover my own inner motivation: the unique coaching method allowed me to really dig deep. What’s more the inspiring interaction with the Nepali youth and the physical challenges of Nepal’s beautiful nature has given me new insights allowing me to develop both personally and professionally.” (Anne, Quester 2019).

For more information and to register

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