

Yearly Report 2022



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Introduction

Since 2011, MQF has been working with the young adults with pure intention to empower and encourage them in taking the ownership of their own lives. The programs of the foundation emphasis on coaching and becoming the catalyst towards personal growth and development.

The year 2022 started as a post pandemic period. Every sector across the world was starting to recover, work in its fullest potential. For MyQuest Foundation, there were only Nepalese team members working on the existing and new programs. However due to some reasons, some team members chose to discontinue working in core team member and joined the pool of freelancers. It was somewhat challenging time for the entire MQF family as Ms. Asmita Bisunke, former program manager, decided to work as a freelance only. The entire work of the organization came in responsibility of Mr. Suraj Shrestha who has since been coordinating, organizing and managing the organizational performance.

Throughout the year 2022, MQF organized different kinds of programs at indoor and outdoor setting. There was continuation of existing programs such as QuestTrek, QuestTribes and two days training for more individuals. The foundation also introduced new programs and connected with new organizations. With the support from freelancers, the foundation was able to cultivate the awareness and confidence among young adults.



We cannot teach people anything. We can only help them discover it for themselves. Galileo

Background of the Youth

MyQuest Foundation is experienced in coaching, facilitating and training the personal growth programs for the youth who are 15 or above years old. Our programs and coaching sessions emphasis in the best interest of these groups of youth in order to foster their psychological, emotional, social and cognitive growth. Though the foundation started working with the children from child care homes, we have now brought our programs among school students as well.

The youths who join our program are mostly from the least developmental region of Nepal. They live around the Kathmandu Valley and are studying schools or universities. Most of these youth belong to challenging social and financial situations. Child care homes and schools, to whom we call our partner organizations, work for them to support them with their education and growth.

Programs and sessions

- Visualizing 2022
- QuestTreks
- QuesTribes
- Relfective Sessions
- Two-days personal development Training
- Freelance sessions





Visualizing 2022

When New Year starts, people naturally tend to think about what would make

their upcoming days worthwhile. In order to invite young working professionals envision

personal and professional journey, MQF organized two sessions on 'Visualizing 2022' for 13

youth in total. The session

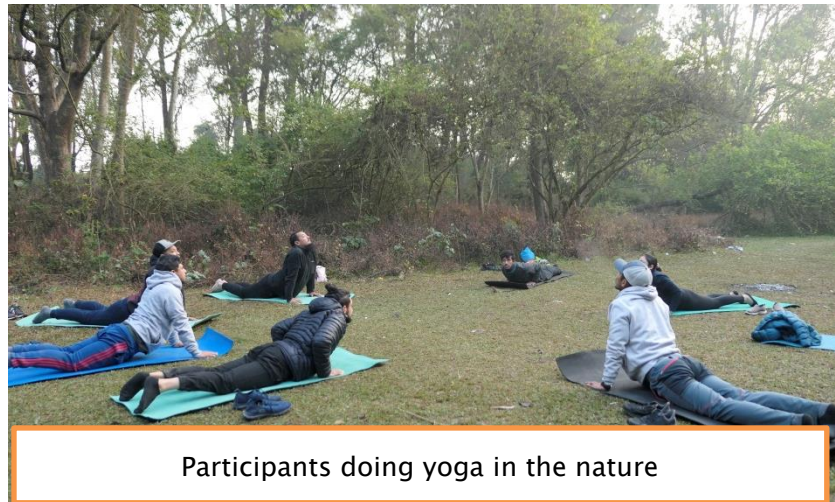
was designed for five hours,

and the activities were

facilitated in the nature of

Tribhuvan University.

Morning mindful exercises



Participants doing yoga in the nature

such as yoga, check-in helped the participants to connect with their body, surrounding and

each other. A short group coaching in smaller groups, through questions, enabled the

participants to have clarity about what they are planning ahead. Similarly, after a short hike

around the jungle, participants presented their vision for 2022 through artwork. The

participants named their vision art as nurture, integrity and soulful journey. They also prepared

the speech act with 'I will....' When everyone shared their artwork and statement, there was

sense of accomplishment as reflected by facial gestures from all. Then, they took some time to

give feedback of the program. For many, it was their first experience to reflect through

coaching in nature which made them aware of looking at life from new approach.





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QuestTreks

QuestTrek is the signature program of MyQuest Foundation. It is a six-days

intensive program facilitated through coaching while hiking in the Himalayas. QuestTrek invites young adults to explore and experience their growth and development at personal level.

Personal leadership development program creates a open space to embrace vulnerability, understand one's values, qualities, strengths along with areas of improvement.



Youth exploring the meaning of trust together

As the aftereffects of covid-19 came into control in 2022, it was a beautiful opportunity for MQF to organize QuestTrek.

From May 23-28, MQF walked the journey of self-exploration along with 9 young adults from Education First

Foundation (EFF), Kopila Valley Sewa Samajh and Orchid Garden Nepal (OGN). The process of QuestTrek started

when coaches from MQF communicated with the

participants during first introduction where they got to

introduce each other, discuss about QuestTrek and prepare mentally for the journey. On 22nd

March, there was second introduction and everyone met under the same roof. They exchanged

their expectations from the program, shared more about Questtrek and left the space with

excitement. As the QuestTrek started on the following day, participants were curious and

nervous about what they are about to experience. On the first day, the activities were about

getting to know about their inner self, staying on the open mind and being aware of judgments.

By the end of the day, the participants were able to look into their personal values in life.



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On the second day of the program, the participants were facilitated into games, blindfold walks and coaching conversations on Trust. The participants explored the meaning of trust for them and assessed what makes them trust and what are the red flags for them when it comes to trust. In overall, they were able to understand that cultivating self-trust is primary process to having trust with other people. The third day of the QuestTrek invited the youth to listen from their deepest layer of inner self. Through silent solo walk in the woods, they were able to experience their



Youth playing a game to understand their inner qualities

vulnerabilities, realize deepest fear and through coaching they could find a way to overcome fears. Likewise, the fourth day of the QuestTrek was filled with intensive hiking in Langtang National Park. They five year plan for the participants were facilitated and hence they could have the insights on how they are going to take the ownership of their possible future. In this way, day fifth and sixth was more about prototyping and connecting resources to make the dream reality. Looking at the first day and last day of the program, we could observe great shift in participants at personal level. They were able to let go of their past difficult experience, learnt to work on weakness, and realized their qualities and values. One of the participants used to cover his face while performing group activities; he was able to express himself in front





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of everyone without hesitation by the last day. QuestTrek is proved to be an important and life changing journey for participants as they could feel more confident about themselves.

QuestTribes

QuestTribes is the follow-up program for QuestTrek participants. During QuestTrek, young adults gained self-awareness and planned their potential future as a dreamer. QuestTribes consists of six interactive, attractive and



First day of QuestTribes for Cho-Oyu

bonding group coaching and training days in which the youths can focus on their personal goals they found and set during their QuestTreks. The follow-up session during tribes enable them to make the conscious actions, deal with challenges in realistic manner. In the year 2022, MyQuest Foundation facilitated QuestTribes program for two groups, namely Cho-Oyu and Fewa. Cho-Oyu is a tribe with participants from November 2021 QuestTrek and Fewa is a tribe with participants from May this year. For Cho-Oyu Tribe, all the six sessions were facilitated and they are now graduated from the program while Fewa Tribe has completed fourth tribe day. Through group activities and individual coaching sessions, young adults are able to have clarity about what works and what doesn't work for them. Some of them started to work for small company and they shared that QuestTrek experience helped them to communicate and deal with people at work properly.



Reflective Sessions

It is a newly introduced approach of MyQuest Foundation in allowing young adults to embrace personal leadership. Reflective session is a one day program in which participants engage in group activities, reflect on a given topic, share each other in the group and develop new insights about their inner self. On June 15, MyQuest Foundation organized a session on 'inner critic' for the 22 young adults from Chautari Youth Club, a project initiated by Umbrella Organization.

The program was facilitated in white Gumba hill, around the nature. At first, quick introduction and energizer was facilitated as a result of it group members became open towards new approach. In pairs, the youth took some time to tap into their inner dialogue, the words and thoughts they communicate within. Likewise, tools like visualization and artwork were combined to portray the image of their inner voices, their shape, size, textures and even color. It was wonderful process to express our monologue in the form of art.



Sharing about inner critic





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Two days: Personal Development Training



Reflective writing beside stupa

Personal growth and development is a continuous process. For young adults from Ama Ghar and Orchid Garden Nepal (OGN), coaches from MQF facilitated the personal development training for two days with theme of 'knowing yourself' and 'self-confidence'. On the first day, the girls and boys were eagerly waiting for the program to start. When an energizer was initiated at first, there was some hesitant in few participants. However, as the program proceeded, they were having fun in the

process, allowing them to receive the essence of the program. On the day of 'knowing yourself', the participants explored their values, strengths and areas of improvement in group. Similarly, on the second day, coaches invited or challenged them to come out of comfort zone. The young adults performed random acts, as taken from token, in front of other participants. They also expressed their understanding and experience on various topics such as my childhood experience, the future me, how awesome I am and trust. Both days were filled with engaging and insightful activities, enabling them to admire new perspectives to life.

Freelance Sessions

Freelancers are the part of the MyQuest Foundation team in Nepal. The freelance coaches play a vital role in facilitating and coaching programs of the organization. Mainly during QuestTrek





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and QuestTribes, their uniqueness encourages young adults for living a conscious and responsible life. The organization realizes that team spirit is what brings everyone together.



Exploring personal boundary through artwork

Hence, the foundation organizes freelance sessions in a month or two frequently. In the year 2022, the organization organized four sessions. Topics such as mask and boundary were discussed and shared how they are related to the coaching process. The reflective discussion on simple topic in a safe space invited coaches to become vulnerable and open up the new possibilities and creativities in life.





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Conclusions and Recommendations

MyQuest Foundation believes that everyone has the potentiality to tap into their

inner capacity which can cultivate the personal leadership. One who can take incharge of within can find creative ways to deal with what is happening around them. MQF is always open to promote healthy process of self-exploration through coaching, facilitating group sessions both inside and outside in the lap of nature. The year 2022 has been a challenging for the foundation, mainly in the beginning months, as there were some changes in team dynamics. Despite of this, a constant open communication and trust among the team members created space to design and implement new training programs. The organization has realized that personal leadership is more important in the recent times. The organization is planning to introduce new programs for Nepalese youth in the coming years.



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Words from Participants

Visualizing 2022

“Starting a day with gratitude, walking in nature and investing in foreseeing the possibilities life together with vibrant people has obviously made me feel filtered.”

Inner critic

“The topic of the session was, itself, new for me. I never thought that we could draw our inner thoughts, so today being part of the program has made me be comfortable with self.”

QuestTrek

“Coming to QuestTrek, I’ve realized that I was lacking someone who would accept me as I am and guide me by asking questions. I feel grateful for my coach as he encouraged me to look into my inner-self.”

Freelance Session

‘Freelance sessions serve as a rejuvenating time for me, as we can realize different aspects of life.’

