


Nepal Leadership Program 2024



KATRINA WEBB

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"The Nepal Leadership Program was one of the most unforgettable and powerful experiences of my life.

I learnt so much about myself and was deeply humbled and inspired by the extraordinary people I met, and the incredible curated experiences that rocked my world each day.

I have left Nepal a changed person. I am more confident, have greater self-belief, and a strong desire to lead with greater impact, both personally and professionally.

My love for Nepal and its people has been ignited, and I can't wait to one day return to this soulful and spellbinding country."

**- Nepal Leadership Program
Participant, 2023**

Nepal Leadership Program 2024

About the program

The Nepal Leadership Program is an **8-day** experiential adventure. Led by leadership experts [Katrina Webb OAM](#) and Dr Tshering Lama and a team of incredible facilitators/guides, the program is centred around personal and group reflection, interactive experiences and connectedness.

The program's powerful content pushes participants to the edge of their comfort zones, where real growth and learning can occur. This approach enables participants to reflect on the questions that really matter including:

- Where am I now, and where do I want to be? What is holding me back from achieving my potential?
- What are my strengths and how can I harness them to succeed?
- What are my superpowers, personal differentiators and areas for improvement?
- How can I lead with greater impact, locally and globally?

Attracting leaders from across the globe, this unique program equips participants to better manage personal and professional challenges. With fresh perspectives and a global focus, leaders return from the program with a renewed focus. This enables them to lead with greater impact, and contribute to their organisations with clarity, personal insight and vision.



Personal and organisational benefits

The Nepal Leadership Program can help you and your organisation to:

- Expand your perspective of leadership and encourage introspection to help you grow as a person and a leader
- Advance your cultural awareness, intelligence and understanding, enabling you to straddle the cultural divide with greater nimbleness
- Expand your connections by meeting and hearing from inspirational global leaders who are leading for the greater good
- Increase your knowledge on a diverse range of leadership, wellbeing and cultural concepts, broadening your local and global perspective
- Look at the world differently, so you can lead with greater strategic focus, clarity and impact.



Program components

The Nepal Leadership Program includes the following components to unlock, unblock and validate your leadership skills.

- **Human connection** – Deeply connect with others to boost your wellbeing and enrich your life.
- **Extraordinary stories** – Meet and learn leadership lessons from business, spiritual and academic leaders that will change your perspective and humble you to the core.
- **Reflection** – Learn more about who you are with opportunities for deep introspection and reflection circles.
- **Spirituality** – Better understand yourself and others, whilst focussing on your values, purpose and meaning in your life and work.
- **Nature** – Surrender to the beauty, wonder and awe of the breathtaking Nepalese mountains.
- **Experiential learning** – Engage in hands-on experiences that help you to reflect on yourself, connect therioies and apply knowledge to real-world situations.

Program inclusions to drive learning and reflection

Prior to departure and reinforced in the program are the following elements:

1. Be Well Plan Program

Be Well Plan is the latest mental health and wellbeing training program from Be Well Co, an entity of the South Australian Health and Medical Research Institute (SAHMRI), ranked number 40 in the world's top research institutes.

Be Well Plan helps you better understand your own mental health and introduces you to tools and activities that are scientifically proven to improve your mental wellbeing.

The Be Well Plan provides you with the tools to develop a personalised mental health and wellbeing strategy tailored to your psychological health profile and your current life circumstances. You will walk away with a tailored plan comprising self-selected activities from a collection of evidence-based resources to help you deal with stress, build wellbeing and resilience and be your best possible self.

2. TICK Personality Profile

TICK will help you discover:

- Your natural skills and talents
- Your natural strengths and weaknesses
- How to see yourself as others see you
- How you react under pressure
- Coaching tips for your personal development.

Program inclusions to drive learning and reflection cont...

3. Virtual Trek to the Summit of Mt Everest

The 'Step to the summit of Mt Everest' is a very unique program designed to encourage staff to reach weekly wellbeing goals and enjoy an incredible insight into climbing to the top of the world with International Mountain Guide, Tashi Sherpa.

Tashi has successfully summited Mount Everest six times to date and for this program, he has written a true reflection of what it is like to climb Mt Everest.

The program offers 4 levels of elevation (this can be tailored to suit the individuals fitness level and needs.)

4. Cultural Intelligence Training

The ability to cross divides and thrive in multiple cultures. We will learn from Julia Middleton about how to develop your cultural intelligence and it starts with knowing your own culture first.





Apply now

The 2024 Nepal Leadership Program is due to take place on **1st to 9th May 2024**. For more information, or to express your interest in joining the 2024 leadership cohort, please contact Katrina Webb.

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