

B H U T A N

# Insightful Learning Journeys

Developing the Values & Practices of Mindful Happiness



**In these VUCA (Volatile, Uncertain, Complex & Ambiguous) times, is a “Pause for Reflection” considered a luxury or a necessity.**

In the midst of constant challenges, how do we:

- ✓ Inspire ourselves as individuals to sustain our values through mindful practices?
- ✓ Empower ourselves through the habits of mindful self leadership?
- ✓ Engage in social responsibility which creates the ripple effect of mindfulness in communities

The learning journeys are designed for individuals who want to:

- Understand the concept of Mindfulness and develop practices to strengthen their self leadership development
- Engage in the art of Action Learning through questioning techniques which stimulate reflection
- Participate in Volunteering to create the ripple effect of Mindful Happiness in their personal and professional communities.

Learning takes place in Bhutan, the ancient Himalayan Kingdom which conceptualized a unique development philosophy – Gross National Happiness. Its aim is to foster economic development, guided by a structured approach to collective human development.

## **Social Responsibility Commitment**

We as an organization embrace a commitment to Create the Ripple Effect of Mindful Happiness. To support this, we direct a portion of our proceeds towards the support of outreach projects. Projects are selected by the participating group.

**What participants have to say:**

### **Pre Learning Orientation**

- Made me reflect on what happiness means for myself, on how happy I am for myself, my vision and my challenge.

### **Yoga and Mindfulness – Inis Klinger**

- It was a beautiful and spiritual setting to introduce ourselves to our mindfulness journey.
- The daily yoga and meditation was one of my favourite parts of each day. Such a great way to start the day.
- I felt grounded and yet energized. Everybody was so disciplined to be there early in the morning, that made it easy to stick to the routine. Also great energy from our instructor Inis.

### **Action Learning – Khatiza Van Savage**

- Invaluable. Inspiring. Empowering. A really great discussion format – a new discipline for most of us with the questioning strategy, so took some practice.
- Greatly beneficial to me as I received genuine and valuable advice, questions that made me change perspective and come up with solutions.
- The question technique was useful to make sure that you listen carefully and do not jump.

### **Volunteering – All Participants**

- I loved the volunteering and will maintain contact with the people we met
- I very much liked the aspect of giving back and contributing to development of Bhutan
- What a great way to get a good understanding of Bhutanese women entrepreneurs.

**An Insightful Learning Journey engages you in activities which stimulate deep personal enquiry, to help you develop the values and practices of Mindful Self Leadership:**

### **Orientation**

- Self Assessment on your Mindful Happiness framework
- Beginning your Mindful Meditation Practices
- Preparing the road map for your personal journey

### **Inner Learning**

Your inner learning engages you in activities which help you begin the process of creating and crafting your own Mindful Happiness framework. Activities include:

#### **Self Care Practices**

- Yoga and Mindful Meditation practices to develop self care

#### **Action Learning to support your development**

- As the Action Learning challenge owner learn the art of reflecting on the questions asked to expand your thought process in defining solutions and actions to implement to move yourself forward
- As the Action Learning set member learn the art of asking questions to frame your responses thereby ensuring that the person presenting the challenge takes ownership of solutions and actions.

#### **Mindful Volunteering**

- Engaging in the community to reinforce the values of Compassion Empathy and Generosity
- Creating the Ripple Effect of Mindful Happiness which extends beyond the self to the community

#### **Reflective Hikes**

- Physical activities to raise awareness on your self care

#### **Reflective Journal Writing**

- Gathering insights in your journal to support your ongoing development

### **Outer Learning**

- Immersing in the sights and sounds of Bhutan to understand the historical of Bhutan and the philosophy of Gross National Happiness
- Engaging with the people in their everyday lives
- Learning from select speakers on how they are supporting the unique philosophy of Mindful Happiness

### **Post Learning Support**

- Ongoing practice of Mindful Meditation and Action Learning
- Personalized Coaching (at an added cost)
- Outreach support

### **Your Facilitators:**



**Khatiza Van Savage** is Founder of Insightful Learning Journeys an innovative approach to help develop the values and practices of Mindful Happiness in Individuals, Organizations and Communities. She brings into the new learning experience many years of her own experience as an Organizational Development Consultant and Leadership Coach where she has applied created approaches for people development. In addition, she blends her in depth understanding of Bhutan’s philosophy of Gross National Happiness to support in her clients in discovering the best in themselves as they create the Ripple Effect of Mindful Happiness



**Inis Klinger** is Owner of Organisationsberatung Klinger GmbH, a Berlin based organizational development consultancy and OCKlinger Pte.Ltd. a Singapore based consultancy company. Her core expertise as consultant, coach and trainer lies in the areas of Executive Coaching, Leadership Training, Leadership Learning Journeys, Company Based Mindfulness Training, Teambuilding/Team coaching, Intercultural Awareness Training, Process consulting, Change management and post merger integration, large change management projects in global companies. Since 2013 Inis is Faculty Member of Witten School of Management – Business School.

**Cost per person: USD 3774**

**Cost is based on twin sharing basis**

**(Single supplement USD 40.00 per night)**

**Optimal group size: Min 10 – Max 12 participants**

Note: A group of less than 10 persons will require the cost to be revised.

**Cost includes:**

- Return airfare from Bangkok to Bhutan
- Overnight stay at the Best Western Amaranth - Suvarnabhumi Airport hotel
- All Hotels, Meals and Bottled Water in Bhutan
- All Transport and Drivers and Guides
- Bhutan Visa / Government Levy and Taxes
- Entry Fees to places of interest
- Speakers Fees
- Cultural Show
- Final Evening Dinner & Cultural Show
- Facilitation Fees
- Volunteering project sourcing and management fees

**Cost does not include**

- Travel from point of origin to Bangkok as the point of entry to Bhutan
- Travel Insurance (mandatory)
- Vaccinations (optional)
- Alcohol and other beverages
- Flight delay hotel and cancellation costs
- Hot Stone Bath
- National dress rental
- Pony for hike

**Terms & Conditions**

**Registration ends: Feb 20, 2017**

**Payment deadline: Feb 27, 2017**

**Cancellation penalty**

Feb 28 to Mar 31 - 50% penalty

April 01 to May 01 – NO REFUND

**Registration Process**

**Registration and other Forms are hosted on google drive (gmail address recommended to access this)**

**Documents to be submitted**

**Colour copy of Passport page with details (passport must have 6 months validity)**

**Visa Form**

**Liability Release Form**

**Pre Journey Orientation includes:**

- Understanding the concept of Gross National Happiness as applied in Bhutan
- Understanding the concept of Mindful Happiness as applied to you
- Self Assessment on Mindful Happiness
- Self led reading on Mindfulness
- Understanding the concept of Action Learning
- Identifying a challenge you wish to share as a learning and implementation plan
- Journey logistics and preparation



**[www.insightfullearningjourneys.com](http://www.insightfullearningjourneys.com)**

*Creating the Ripple Effect of Mindful Happiness in  
Individuals - Organizations - Communities*

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