

# THE CHANGEMAKERS PROGRAM

The Art of Facilitation, to be the Change and the Changemaker



## INTRODUCTION

Change is important to all of us. For some of us it is a focus of our work, to help achieve progress. There are also many who are not feeling that they are valued or have a clear path in this world. How do we achieve deep rooted change in a confusing and conflicted world?



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## Some questions to ask yourself

- Do you wish to play a role in tackling poverty and inequality?
- In tackling climate change?
- Do you feel the need to connect to people more deeply and harmoniously?
- Do you want to develop inner happiness and joy despite challenging personal or professional lives?
- Do you want live a more meaningful life through direct participation in a real process of change?

You can begin to do so right away and start experiencing the positive effects as the journey of self-discovery unfolds before you.

The process is described in the Changemakers program, an experiential learning programme that builds on the wisdom of thought leaders of different civilizations across time as well as real life experience of working with the most disadvantaged people for more than three decades. Whether you are a retired senior citizen, a working professional, a student, a politician, or any other citizen, you can contribute significantly.

This program shows you how.

In fact, you start developing yourself from Day 1 of the program.



# The **MANAVODAYA** Movement

A small fee kept for program participants is for supporting the process of training, guiding and supporting facilitators of change in some of the most distressed areas under close supervision using the finest techniques of self-help and empowerment.

## Program Structure

One and half hours online learning per day two days a week for six weeks. This will include a mix of presentations, discussion and reflection with a focus on practical change

You will carry out some simple assignments based on your own context and be connected to our global peer support movement, ready to help create more of these opportunities within communities around the world.

We welcome you to join with friends and create your own space for  
**BEING THE CHANGE AND THE CHANGEMAKER.**

For registration click on the link below

<https://www.manavodaya.org/changemakersprogrammeregistration>



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*This has made me realize that, for any complex problem to be solved, everyone needs to recognize how we, often unwittingly, are a part of the problem. Once each one of us recognize our own responsibility for the present, we can begin by changing the part of the system over which we have the greatest control: **ourselves**.*

MAREN MOSS



*The emphasis on the development from within concept is just what I needed most, having been exposed to development work for a couple of years now. Development and social change without focus on issues that affect you as a person within is useless.*

KABANDA MWANSA



*The course has given me insights into myself and a broader look upon the world and its realities. I now think that I can help a friend, family or someone else by facilitating options or seeing their individual resources as strength, never as a weakness compared to someone else. An important perspective is connecting with oneself and one's values. Self reflection and staying vigilant to my values and goals is a challenge.*

MADS WAADELAND



*I have learnt that I am not the expert, people themselves know what is best. To do this you have start with yourself. You have to reflect on your own thoughts and ways of learning who am I and who do I really want to be?*

*Now I am willing to step out of my comfort zone, ask more questions to myself and from others to learn. I want to be a better listener and be more open to others. I have learnt that yoga helps to calm the mind and I want to do this in future.*

*The course has challenged me to reflect on my habits and my values. It has been hard to go deep in myself, but I have learnt a lot.*

KAROLINE



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**For details contact**

Programme Coordinator, Manavodaya

I.I.M. Road, Lucknow 226020

Phone: 8090061459(India)

Email: [manavodayaindia@gmail.com](mailto:manavodayaindia@gmail.com)

YouTube link :

<https://www.youtube.com/watch?v=Fp4PQVdzW5I&list=UUaYrGacd76J66NjRj4TjMdQ&index=19>

Facebook link :

<https://www.facebook.com/Manavodaya/videos/415421359436360>



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