

Feminenza



Stichting Feminenza

2016

Annual Activity Report

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Introduction

I am pleased to present the annual activity report that covers the main activities of 2016. It is to be read next to the 2016 Summary Financial Statements in which the management report is included. Both reports can be found on the website <http://www.femigenza.org/whoweare/financials/>

In the report that now follows reference is made both to the IGE project and to Femigenza. The IGE project participants contribute to the development of content which is then fashioned into Femigenza workshops and training, mostly for the benefit of women and increasingly also for men.

In December we reached another landmark in the ways of good governance of Femigenza worldwide. Stichting Femigenza signed the Affiliation Agreement between Femigenza International and Stichting Femigenza in which is recorded how we will work towards fulfilling Femigenza's mission and goals and how to handle specific governance issues in a safe and transparent way.

Finally, we thank the contributors of the IGE project, who volunteer their time to develop Femigenza's projects and educational programmes and who consistently apply the new understandings, attitudes and ways in their own lives to open up the potential of the feminine gender in this time. They are thereby role models for others in whatever they do.

Lieneke van der Linde,
Chair Stichting Femigenza

1 **Becoming a champion and advocate for human values, standards and principles that unify**

This first strategic goal of Stichting Feminenza comes from the vision that women have an important *'part to play in the future of our world, but to play that part, we need to know ourselves better. We need to find an inner strength, an inner connection, to the deepest parts of ourselves, and from that, a connection with the best of each other. We need to learn to understand ourselves, profoundly, to rewrite the centuries of ignorance, of suppression, of seeing ourselves as insignificant. We need to search for the courage, the morality, the belief that everything is possible...'*

(<http://www.feminenza.org/whoweare/vision-and-mission/>)

Therefore we aim to research, develop and establish the fundamental philosophical frameworks on which Feminenza's concepts are built, to find the evidence and apply the insight in our daily life. The purpose is to facilitate new ways of thinking and new behavioural patterns that support the development of women and men, and allow the two genders to work together constructively, and thus encourage a better human response to what the future of the human race and the planet needs. This takes place under the title of the IGE-project.

In the Netherlands sixty two women are actively engaged in the IGE project, in specific researches and in designing educational material. They work together with volunteers from the International network in different dynamics and on a variety of themes and topics.

Regular open sessions and intensives

In various parts of the country (a.o. Rijnsaterwoude, Zeeland, Alteveer) committed groups of participants in the IGE project met regularly to exchange ideas, to develop projects and to continue research into the areas pertaining to their interest. These open sessions aim to create opportunity to share ideas and understandings, to encourage personal development, and to promote the deepening of one's understanding about the dynamics involved in meeting the requirements of this changing time. Some of the themes that have been researched are to do with the natural way of grooming the three lives within (female, woman, lady life), self-leadership, the seven levels of moral order, the emotions, all forming an inroad to take a more effective charge of one's life. This deepens the understanding and tools involved in self-leadership, and gender development.

In October a three-day retreat took place to intensify the study of the role and working of emotions and their specific outplay in the different stage of life.

From a participant: "The work provides the means and grooming to develop oneself. Exactly that is what I have been feeling in this three day continuum: A warm sensation in the inner lives to the fact of being able to work, and being in process to discover and find out about the workings of the feminine human complex, in a special environment and ecology that is safe and sound... Working with others on enquiries into the emotions. What is it? What is an emotional flushing? How to recognize the difference between the emotions and psychologies and how they work together, finding examples to recognize them... All this contributes to personal development if I take it on board."

For some years now an important area of research has been and is into the value and significance of the natural stages and major transitions in the lives of women. (*Feminenza Aim 3*) The research into the *menopause* and the time around the midlife-crisis continued mostly internally, seeking updating and application for it in one's own life. The team that took this subject on, is currently renewing its intentions and seeking for ways to offer the work in a new way. A request was received for meeting with co-workers in Belgium to increase their understanding of the menopause.

The various research areas all carry the intention to further develop the unique content and understandings that *Feminenza* offers; some of it is finding its way in a pilot programme actively exploring a curriculum for personal development for the feminine gender. Other subject areas may develop into specific workshops.

Bereavement Counselling

This project (*Ruby Heart*) provides counselling to people that are facing loss, bereavement and trauma. It also conducts studies concerning Forgiveness in the context of trauma healing.

Support groups were formed around individuals and families who cope with chronic illnesses or terminally ill family members, assisting and offering support in various ways and according to need.

Feminenza Newsletter

Also this year another *Feminenza* Newsletter was published, with two ladies from the IGE project in the Netherlands actively involved in the editorial team. The newsletter will appear regularly and the aim is to publish about *Feminenza's* work in the world and the impact it is having on people's lives.

2 Providing an enhanced learning ecology and programmes that promote throughout inner development pathways for the feminine gender in different stages of life.

Following on from our own research and inner search and the various successful projects and programmes Feminenza developed over the years, we aim to create opportunities for others to start this development journey, should they want to. The following activities take place.

Gender development journey

A dedicated team has been working since 2015 to develop a curriculum that facilitates this inner development journey for the feminine gender. It is a journey for women who want to build in themselves the perceptions and the qualities needed to take more charge of their lives and to bring about a positive change first in themselves and by that becoming a positive influence for others. The programme is not a 'quick fix' it is a journey. Participants are caused to look afresh at their decisions, behaviors and ways, and get new insights and tools to be able to update these when needed, towards a self-chosen direction.

In 2016 an average of 13 ladies continued to work steadily into this curriculum. Once a fortnight sessions were conducted in the South of Holland and in the West, both through face-to-face meetings and Skype. Every 6th week a collective all day meeting took place, which proved to be very fruitful and inspiring for ladies attending.



From a participant: "This development journey, if done by more women together, anchors an elevation and refinement, through which we can make change and improvement possible. I so much want to see change here on this planet, for humans becoming more humane, growing gender respect..."

Lady Leadership Intending programme

This programme is intended to ensure the continuance of Feminenza in the future, by offering leadership training to young women. It is expected that some of the work developed in this programme will benefit feminine leaders in the world via Feminenza's Global Programmes. Currently 4 young women from the Netherlands are participating in this mentored process aimed at developing the above-mentioned gender development journey. They receive training twice or three times a year, when all participants from different countries come together for an intensive process for 5-7 days. As a result modules are being written, that will be used in workshops with other women. First actions are being taken to offer a starter's workshop to the public. (*Feminenza Aim 2 and 3*)

An important element of developing the Gender Development journey is *Mind-Body work* through *Electrobics, Theatre and Meditation*, which allows participants to experience in different ways what they have learnt and apply it in a practical way.

The Understanding and Managing Fear programme

The Understanding and Managing Fear programme and its benefits have been presented to an increasing amount of target groups and stakeholders. Facilitators involved in delivering this programme have continued to research, to network and to raise funds to provide more opportunity to groups who need this work. (*Femienza Aim 2 and 3*)

The accreditation process for one of the Dutch trainee facilitators has been completed, who is now a supervised practitioner.

So far different projects were initiated aimed at different target groups in the society (refugees, domestic violence, vulnerable girls at school). In 2016 further presentations were held for women who experience(d) domestic violence in a partner relationship. A two-day workshop '*Van innerlijke Kracht naar Daadkracht*' was given in which participants experienced the process of *Understanding and Managing of Fear*

Another network meeting took place for a possible new project with refugees.

Table of major activities

Activities 2016	Target group
<p>Project '<i>Heft in Eigen Handen</i>'</p> <ul style="list-style-type: none"> Four presentations were given to women who had participated in a course '<i>Met alle geweld een relatie</i>' at the GGZ Rivierduinen in Leiden, the Netherlands. It was looked into whether the workshop <i>Understanding and Management of Fear</i> could offer them the experience in which to find their courage to take the steps needed. Ten women have shown their interest to continue. Feasibility of it is to be continued in 2017. 	<p>Women who experience(d) domestic violence in partner relationships.</p>
<p>Workshop van <i>Innerlijke Kracht naar Daadkracht</i></p> <ul style="list-style-type: none"> 24-25 September, 8 men and women (age 30-70 years) participated in a 2-day workshop into Understanding and Managing of Fear in Welhoven, Vledderveen, Drenthe Netherlands. <div data-bbox="264 1469 847 1742" style="border: 1px solid black; border-radius: 15px; background-color: #ADD8E6; padding: 10px; margin-top: 20px;"> <p>One of the participants: "I don't have fear of fears anymore. They have helped me to get stronger. I have accepted them."</p> <p>Another participant: "Fears? I know now how to manage them. I can come around them."</p> </div>	<p>This was an open workshop. PR and promotion through the Femienza website, local newspaper, Facebook/Linkedin, and the network of Welhoven.</p> 

Three ladies of the IGE project Netherlands were part of the international team that facilitated the 5 day Trauma Counselling/ Healing Workshop in June in Kenya.

3 Supporting Femenenza's International Programmes

Stichting Femenenza actively contributes to the new Sustainable Development Goals set out for 2030, UNSCR 1325 and 1820 by providing expertise, human resources and financial support to the implementation of Femenenza's International Programmes.

- **Give a Girl a Chance**

The Give a Girl a Chance programme of Femenenza aims to raise funds to deliver help to girls in need. The circumstance of many young girls and women around the world causes them to be deprived of safe living conditions, medical care, education, freedom of choice and even the basic necessities of food and clothing.

In 2016 Stichting Femenenza raised funds, which enabled a young refugee woman from the Democratic Republic of Congo, to complete her vocational study on Community Development at the Daystar University in Nairobi, Kenya. We were able to cover her schooling fee for 2016 to allow her to do her final exams in 2017.

- **5-day Trauma Counselling/Healing Workshop for Global Communities Kenya
A Dreams Initiative, 13-17 June 2016**

In June 2016 Femenenza Kenya provided 5 days of consultancy for PREPFAR/USAID DREAMS INITIATIVE, delivered by Global Communities Kenya and funded by USAID. Global Communities is an international non-profit organization that works closely with local communities worldwide to bring about sustainable changes that improve the lives and livelihoods of the vulnerable. The DREAMS (Determined, Resilient, Empowered, AIDS-free, Mentored and Safe) INITIATIVE is aiming to reduce HIV infection among adolescent girls and young women aged 15 to 24 with 40% by the end of 2017.

On behalf of Global Communities Femenenza conducted a workshop on Trauma Healing for 30 very traumatized girls and young women, who were mostly victims of Gender Based Violence. The purpose of the 5-day workshop was to provide education and counseling in order to rebuild their self-esteem and resilience, and support their personal growth. Five counselors from the DREAMS initiative took also part, in order to help provide enhanced assistance to the girls going forward.

Three volunteers from Stichting Femenenza were part of the facilitator team that delivered the 5-day programme of this consultancy. It consisted of a 3-day process on *Understanding and Managing Fear* and a 2-day process on *the Pillars of Forgiveness*. It teaches the participants how to face and understand their fears and find a way to manage them better. It also teaches them how to come to terms with their past, to let go, how to forgive, to heal and move on. In the longer term, this creates better opportunity for lasting relationships – firstly between the participants themselves and then extending these to their families and communities. It will help them to overcome isolation, a serious issue for all of them, particularly for young married women. As the girls' sense of possibility and self-worth grows, others in the community may start to view them differently.

Table of major activities

Activities 2016	Target groups
13-17 June – A 5-day Feminenza consultancy in <i>Trauma counselling and healing</i> , in Naivasha.	30 adolescent girls and young women from Kamukunji Sub-County (part of Nairobi County).

The final report about the consultancy, entitled '*Feminenza's 5-day Trauma Counselling/Healing Workshop for Global Communities Dreams Initiative 13-17 June 2016*' can be found on the Feminenza website. (<http://www.feminenza.org/wp-content/uploads/2012/04/FINAL-REPORT-Feminenza-Global-Communities-DREAMS-Trauma-Healing-June-2016.pdf>)

- **Feminenza Kenya Chapter**

Stichting Feminenza continued to support the development of Feminenza Kenya, by means of financial and administrative support and providing human resources. Important aim of the strategic planning for the organisation is to keep providing relevant training for women in Kenya, in the area of *Understanding and Managing Fear, Forgiveness and Feminine Leadership*.

Furthermore the Board of Feminenza Kenya focuses on assisting alumni of the 2010-2011 Forgiveness and Reconciliation training programme to become fully accredited to deliver Feminenza's Understanding and Managing Fear and Forgiveness programmes, so that more women and men in Kenya can get access to these effective programmes.

One of the project leaders of the IGE project in the Netherlands is also Chair of Feminenza Kenya and is as such the first point of contact for partner organisations – such as Global Communities with which Feminenza Kenya collaborates to deliver its programmes. The Chair was also one of the volunteers who delivered the Trauma Healing consultancy for the DREAMS initiative.

Colophon

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Stichting Feminenza is a registered public benefit foundation

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