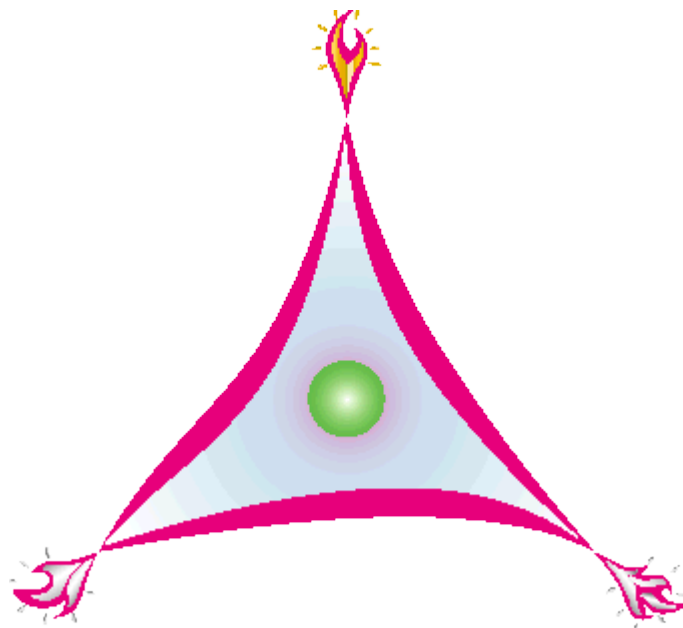


Feminenza



Stichting Feminenza

*Annual Activity Report
2014*

Table of Content

Introduction	3
1 IGE project	4
2 Feminanza	6
3 Feminanza's 'Train the Trainer' programmes	6
4 The Bereavement Counselling	8
5 Feminanza International Programmes	8

Introduction

This activity report covers the main activities in 2014 and is to be read next to the Management Report 2014 and the Summary Financial Statements 2014.

Over the past years Feminenza participants from the Netherlands have received training in delivering Feminenza's global programmes *Understanding and Managing Fear* and *Forgiveness and Reconciliation*. This is finding its way into projects that are being developed for specific vulnerable target groups in Dutch society who can benefit from this work, reflecting our mission statement 'in the encouragement of every woman's future'.

Another area of work that is championed by a team of dedicated Feminenza ladies is the meaning of the menopause as a significant transition in the development life of a woman. They have organised workshops, front room meetings and information sessions to provide new insights and perspectives to groups of women and also professionals.

Stichting Feminenza has also contributed to the development of a long-term, educational program that consists of a 3-year structured development journey for women. The group of ladies currently delivering the pilot of this programme also receive leadership training in order to take this work further in years to come.

Also this year we were able – due to generous donations by supporters and Feminenza participants - to provide substantial financial support for the education of a young refugee from the Congo, in light of Feminenza's *Give a Girl a Chance* programme.

Finally, we thank the ladies of the IGE project, who volunteer their time to develop Feminenza's projects and educational programmes and who consistently apply in their own lives the new understandings and insights that are uncovered about the potential of the feminine gender in this time and are thereby role models for others in whatever they do.

Lieneke van der Linde,
Chair Stichting Feminenza

1 IGE project

The IGE project aims to research, develop and establish the fundamental philosophical frameworks on which Feminenza's concepts are built. Its purpose is to facilitate new ways of thinking and new behavioural patterns that support the development of women and men, 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 need.

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

Inside this the following dynamics were active:

- *The Eminent Way*, a project that aims to promote one's inner development and sense of inner direction, exploring new methodologies and methods to deepen one's values about life and our natural ecology. It is about building one's inner fortress of intactness, a sanctuary from the demands of day to day life (*Aim 2*). Workshops and regular engagements were provided to women. A curriculum that was developed to introduce women and men into this dynamic, was offered as an introduction to a group of participants in the spring of 2014 (*Aim 3*).

- *The natural stages in the lives of women*, a research into the value and significance of the natural stages and major transitions in life. The research into the menopause and the time around the midlife-crisis continued (*Aim 3*).



Research meetings concerning hormones, workshops, small gatherings of network meetings, international conference calls were offered to women around these themes. The two championing ladies of this work were invited to conduct a weekend retreat in London, UK in February 7-9. Because of the richness of the process that was shared in a colorful report amongst the international IGE-project

/Feminenza network, a meeting with German ladies and guests ensued in June 6-9, entitled *The menopause, a new beginning*.

The correspondence course concerning the five stages has been translated into Dutch and is currently in review .

- *Self Leadership mentoring*, offering women understanding and skills as a means of maintaining intactness and prevention of conflict in personal and professional

life. These skills and connections have proven to be valuable within leadership functions in the work-settings and are passed on in one-on-one coaching sessions (*Aim 5*). This work is about to move on into a specific long term programme – as from 2015 - called *Young Lady Leadership programme*.

- *Gender research*, strongly motivated by the first principle of Feminenza. The research conducted over the years is being compiled in order to support future Feminenza workshops and programmes.

Two Gender workshops took place with ladies and men from the Feminenza and Template network researching together how both genders can support each other on their development journey .

In the course of 2014 a series of 7 international teleconferences were held about the man-woman mystery, called the *XX-XY series* to deepen and promote a better understanding and mutuality between the genders (*Aims 1 and 4*). The calls were conducted by Mary Noble, CEO of Feminenza International and a team of promoters under which a Dutch lady. This work is enshrined in the first principle of Feminenza:

Feminenza believes that the existence of the two genders implies a partnership to something better. Their union is designed to create something that is a step forward for humanity.

- *Regular open sessions*. A committed group of participants in the IGE project met weekly to exchange ideas, developed projects and continued research into the areas pertaining to their interest. These open sessions aimed to strengthen the IGE project, encourage personal development, and promote the deepening of one's understanding about the dynamics involved in meeting the requirements of the changing times in which we live. This research carries the intention to further develop the unique content and understanding that Feminenza offers in order to extend Feminenza's educational programme. New ways of working were being explored, one of which is individually working the inner feeling lives of the female, woman and lady through prompter cards. It sparked off from the IGE project group in the Netherlands to almost 250 ladies world wide, all working with the subject in the same time span. As a result new educational material was developed.

Alongside a series of collective monthly meetings took place to assay where we are and to revisit the vision of Feminenza, her aims and principles. From there each lady stated what her contribution into the future would be both towards the inner development journey that it calls for as to concrete efforts to develop Feminenza's work. This developed into *Stichting Feminenza Strategic Plan 2015-2017*.

- *Mind-Body work* through *Electrobics, Theatre and Meditation*. This new dynamic started in 2013 exploring the deeper codings and significances of the *Four lives within*, through the media of dance, movement and meditation. The exploration continued in 2014 with 10 specific sessions each dedicated to a specific entry into the *Four lives within*. Following on from this first series of explorations in

the Netherlands, an international team provided a two-day exploration for ladies in Nottingham in the UK in October (*Aim 2*).

- In November 8 ladies of Stichting Feminenza joined a large international gathering in Wales to deepen perception, feeling and understanding about the importance of our connection to the planet and the way the human can take care of and uphold her in a conscious active way (*Aim 2*).

2 Feminenza

Feminenza is offering activities for women (aged 18 and above) who are interested in workshops that are designed to help them understand themselves and others better, and to be more effective in coping with the challenges they are faced with, in personal and professional life (*Aim 2*).

- **Circle meetings** have an open and interactive nature and include the development of necessary tools for personal development and growth and expression such as meditation, dance, creative arts, body and mind work.
 - *Circle Groningen*. The informal meetings about the fifth stage of life that were initiated for women over 55 in Groningen in 2013, continued.
 - *Circle North of Brabant*. In 2014 their central study subject has been understanding the natural stages in the lives of a woman. They explored the possibility for a PR campaign in the region (*Aim 3*).
- **Front room meetings** are being promoted about *Menopause, a new beginning*, through the website, through flyers and by visiting an informative meeting on menopause organised by HAGA Hospital in The Hague and networking with attending professionals who are working with women with menopausal issues.



Flyer/Website announcement of a workshop on Menopause

3 Feminenza's 'Train the Trainer' programmes

- **Understanding and Managing Fear**
Nine Dutch volunteers were trained in Feminenza's global programme *Understanding and Managing Fear* and received mentoring in the designing and implementation of their first pilot trainings in the Netherlands. This training programme caused an intensifying of research and networking, fund raising and initiated a training in project planning.



As a result of this pilot trainings were initiated aimed at different target groups in the society (refugees, domestic violence, vulnerable girls at school). Next to this, throughout 2014, workshops as part of the *Understanding and Managing Fear* curriculum were conducted for specific groups (Aim 2 and 3).

Table of Major activities in this context

Activities 2014	Target group
26-27 April - ' <i>Van Innerlijke Kracht naar Daadkracht</i> ', a 2-day UMF experience	Participants from project networks, and Feminenza /Template network (national).
20-22 September - ' <i>Van Innerlijke Kracht naar Daadkracht</i> ', a 2-day UMF experience	Participants Feminenza and Template network, national and international.
Project '<i>Heft in Eigen Handen</i>' <ul style="list-style-type: none"> • Various presentations to GGZ, GGD, Kwadraad, Rosa Manus and Municipality Leiden. • Funding proposals written and sent to funding agencies Fonds 1818 and Fonds Slachtofferhulp • In December an approval from the Board for a pilot by Feminenza • Recruitment of Participants 	<p>Women who experience(d) domestic violence in partner relationships.</p> <p>Participants are clients from GGZ, Kwadraad and Rosa Manus in Leiden.</p>
Project '<i>Ik ben OK!</i>' <ul style="list-style-type: none"> • In June a funding approval from <i>VSB Alpen aan den Rijn</i> was received • Presentations to Scala College Alphen aan den Rijn and the Centre for Youth and Family • Start recruitment of participants 	Girls age group 15-18 years old from Alphen aan den Rijn and surrounding villages.
Project '<i>Femmes Puissantes</i>' <ul style="list-style-type: none"> • In September a project approval from <i>Projecten In Nederland (PIN)</i>, and a starting up the funding from their funding agencies. • Project promotion - starting up recruitment of participants 	French African Refugee women engaged with the DFA (' <i>Diaconie Africains Francophones Leiden</i> ').

- **Forgiveness Counsellor**

Four Dutch volunteers completed the Forgiveness training programme, and therefore it is expected that the Forgiveness work will find its way into the projects that are to be started in the coming years.

4 The 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.

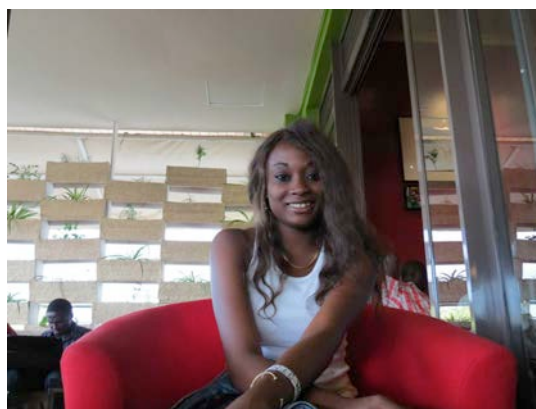
5 Femenza International Programmes

Stichting Femenza actively contributes to the MDG3 goals, UNSCR 1325 and 1820 by providing expertise, human resources and financial support to the implementation of Femenza's International Programmes.

- **Give a Girl a Chance**

The Give a Girl a Chance programme of Femenza 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 2014 Stichting Femenza raised funds from sales of products from Kenya across the International network and by donations. Because of these funds we could continue to support a young bright woman, refugee from the Democratic Republic of Congo, to complete her vocational study at the Daystar University in Nairobi, Kenya. We were able to raise and cover her schooling fee for 2014, to be continued in 2015 when she intends to finish her education.

*"Receive my warm greetings with lots of love, joy and peace from the bottom of my heart and my gratitude for all the support you have been giving me since I joined Daystar University in 2011. I sincerely would be nothing without your support whenever I think of how I started and now being left with only three semesters to finish I see a great achievement and it all thanks to you. I hereby come again to say thank you! thank you! thank you! so much for all I am and will forever be grateful. May God continue blessing you forever and always in order to continue touching the lives of many women just like me. Be blessed.
Grace Mubamba 9th June 2014"*



- **The Forgiveness and Reconciliation Counsellor training programme**
In 2014 the focus stayed on broadening the base of educators for the training programme for Forgiveness and Reconciliation Counsellors, consisting of two modules *Understanding and Managing Fear* and *Forgiveness Counsellor*. These practitioner-training sessions were given all over the world, enrolling new practitioners who will start up projects in their own countries.
- **Feminenza Kenya Chapter**
Stichting Feminenza continued to support the development of Feminenza Kenya, by means of financial and administrative support and providing human resources. During 2014 contact has been maintained with a number of the participants to the pilot of the training programme for Forgiveness and Reconciliation Counsellors that took place in 2010-2011. These participants have continued their projects and activities in Kenya and are very keen for Feminenza to continue the training programme.
Volunteers of Stichting Feminenza have taken up key governance functions in the board of Feminenza Kenya, as chair and secretary. Currently two Kenyan ladies have joined the board. A strategic plan for the organisation was designed and two funding proposals were filed with USAID and UN WOMEN for the continuation of the training programme for Forgiveness and Reconciliation Counsellors in Kenya.