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**UNLEASHING  
POTENTIAL FOR  
POSITIVE  
TRANSFORMATION**



# INTRODUCTION

As COVID -19 has created a new situation for the entire social system, many new avenues are emerging to cope with this unimagined and unexpected social atmosphere. COVID -19 has opened new avenues of thinking and action. It has inspired us to innovate new ideas through striving to extend and sustain our relationships and bond. Today's headlines from around the globe remind us- now more than ever- we need to explore new ways to organize, collaborate, and strengthen our communities. With this lofty, but essential goal in mind, we have planned to conduct Training of Trainers on Appreciative Inquiry Approach in Kathmandu, Nepal.

*“Unleashing Potential for Positive Transformation”*

*Do you want to unleash your positive potential to bring the amazing changes in life or organisation?*

*“Everything is possible if the positive potential is unleashed”*

The Appreciative Inquiry Approach is a strengths revolution that is well complemented by other strengths based positive change models of development and transformation.

While the seeds of this positive revolution are very much taking root around the globe, all the possible fruits of strengths-based approach to change have not yet been fully realized.

In this context, the driving question behind the training are:

**Can we find better ways to create the vibrant, peaceful, sustainable, and flourishing communities we all want? The answer propelling us forward is: Yes, We Can!**

**The fuel for these positive changes is: Appreciative Inquiry and other strengths Based Approaches.**

During this Training we will explore many innovative applications of Appreciative Inquiry and other Strengths Based Approaches for transformative change and development that are currently being used to develop the positive personality and address the developmental challenges of 21 st century.

# WHAT IS APPRECIATIVE INQUIRY

Appreciative Inquiry Approach was first used in 1980 when David Cooperrider, a young doctoral student at Case Western Reserve University in USA. According to him, Appreciative Inquiry is the cooperative co-evolutionary search for the best in people, their organizations and the world around them. It involves the discovery of what gives “life” to a living system when it is most effective, alive and constructively capable in economic, ecological and human terms. AI involves the art and practice of asking questions that strengthen a system’s capacity to apprehend anticipate and heighten positive potential. The inquiry is mobilized through the crafting of the “unconditional positive question”, often involving hundreds or thousands of people. AI intervenes focus on the speed of imagination and innovation; instead of the negative, critical and spiraling diagnoses commonly used in organizations. The discovery, dream, design and destiny model links the energy of the positive core to changes never thought possible.

## WHAT IS APPRECIATIVE INQUIRY TOT

Appreciative Inquiry Training TOT is designed for those who want to develop their career as positive trans-formative change Trainer/Facilitator or Leader. The participants who aim to facilitate positive vibration and culture in organisation and society by the application of Appreciative Inquiry. In this training, participants will be able to learn the theoretical foundation as well as the practical application of Appreciative Inquiry. In addition, participants will obtain the skills needed to design and deliver the Appreciative Inquiry Training in all settings.

This training is designed for:

- Those who are looking for a career as a trainer or facilitator
- Those who are looking for a career as a communicator
- Those who are looking for a career as a positive leader
- Those who are looking for a career as a planner or strategists

# TRAINING SCHEDULE AND HOURS

The training hours will be 9 AM to 5PM with 1 hour lunch break and 15 minutes tea breaks for two times.

The course fee:

Individual NRs. 15,000/-

Institutional NRs. 20,000/ (This fee include Breakfast, Lunch, Snacks and Reading materials)

## Day One - Experiencing Appreciative Inquiry

Evolution of Appreciative Inquiry and Theoretical Foundations

AI and Transformative Change

Application of AI in Different sectors

Discovery – Theory and Practice

## Day Two - Understanding the power of Appreciative Inquiry

Appreciative Inquiry and other Strategy for change

Power of questions and Question Crafting Techniques

Dream Theory and Practice

## Day Three – Planning

Design Theory and Practice

## Destiny Theory and Practice

AI based Training/Project Designing and Presentation

Day Four- Training Design, Practice and Certification

## UNIQUE FEATURES of THIS TRAINING

- Believe in Individual Potentialities
- Friendly and Intimate Relationship among the Participants
- Understanding each client, their business, and their aspirations.
- Intensive and experiential.
- Support
- Infused with Appreciative Inquiry
- Mentoring included
- Certification
- Low cost
- International Expertise

For Participation and Other Detail Information:  
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Eastern Research  
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... promoting AI culture for positive change