


16 GUIDELINES | PATIENCE | CONTENTMENT | DELIGHT | KINDNESS | HONESTY | HUMILITY | LOYALTY | ASPIRATION | PRINCIPLES | SERVICE | RIGHT SPEECH | HUMILITY | GRATITUDE

16 GUIDELINES | COURAGE | GENEROSITY | KINDNESS | RESPECT

16 Guidelines for Life
HAPPY TOOLBOX FOR KIDS

Exploring mindfulness and universal values with children inspired by the 16 Guidelines for Life programme



16 GUIDELINES | PATIENCE | CONTENTMENT | DELIGHT | KINDNESS | HONESTY | HUMILITY | LOYALTY | ASPIRATION | PRINCIPLES | SERVICE | RIGHT SPEECH | HUMILITY | GRATITUDE

The Foundation for Developing Compassion and Wisdom is delighted to host the

BIG LOVE FESTIVAL

— Celebrating 40 Years of Universal Education —



DESARROLLANDO NUESTRA FORTALEZA INTERIOR
16 Actitudes para la vida

Guía para Grupos de Discusión

Explorando los valores universales en grupos de discusión semanales inspirado en el programa de las 16 Actitudes para una Vida con Sentido



DELIGHT
COMPASSION
LOYALTY SERVICE PATIENCE RESPECT
HUMILITY KINDNESS RIGHT SPEECH

UNIVERSAL EDUCATION
UE Coming Together

CONTENTMENT GRATITUDE
GENEROSITY
WISDOM
PRINCIPLES HONESTY

COURAGE
FORGIVENESS

16 GUIDELINES | WISDOM | PRESENCE | TRANSFORMATION | AUTHENTICITY | POTENTIAL | COMPASSION

DISCOVERY | NURTURE | CHOICES | BEING

UNLOCKING YOUR POTENTIAL
— Discovering what shapes our experience and how we can transform our lives —

Launching in August 2020

PRESENCE | WISDOM | TRANSFORMATION | AUTHENTICITY | POTENTIAL | COMPASSION

FDCW ANNUAL REVIEW 2020

EMPOWERING PEOPLE TO MAKE WISE AND COMPASSIONATE CHOICES

MESSAGE FROM THE CO-CHAIRS OF OUR BOARD

Oi Loon Lee and Robyn Brentano

Welcome to our 2020 Annual Review,

We are delighted to share with you the different ways that Universal Education has brought positive change to many people around the world. With the challenges brought forth by the Covid 19 pandemic, FDCW adapted quickly to make courses and Universal Education immediately accessible online.

Led by our resourceful Executive Director, Victoria Coleman along with her creative and hardworking team comprising Michaela Kirchem and Angela Sanchez; FDCW made the transition swiftly to an online platform for delivery of its training and programs based on Universal Education for Compassion and Wisdom (UECW). Supported by our international community of facilitators, the innovations to our training and programs were brought online to a global audience. The year culminated with the energising and successful BIG LOVE FESTIVAL in November.

Our work is only possible with the support of many parties. We wish to thank HH Dalai Lama, our Patron and our inspiration for an education of the heart and the mind as well as our Honorary President Lama Zopa Rinpoche for his guidance over the years. We wish to thank our sponsors, trustees, team, partner organisations, national groups as well as our facilitators and audience for being part of the global FDCW community.

With your support, we continue to empower people to make wise and compassionate choices in life.

Oi Loon Lee and Robyn Brentano
Co-Chairs of FDCW Board of Trustees



“What is Universal Education?”

Lama Zopa Rinpoche, FDCW's Honorary President, in his talk at the Big Love Festival 2020

“I think the basic thing is, yes, to not harm others and to benefit others, on top of that, as much as we know, have a method, and can think, according to our wisdom and our compassion, as much as possible.”

“There is so much that you can do to help others by developing your own mind, your wisdom and compassion. The basis of bringing peace and happiness in this world, [...], you can do that through your compassion and wisdom.”

“I don't want Universal Education only in words [...]. I want you to act, not only words, learning words, but act! Do things!”



MESSAGE FROM OUR EXECUTIVE DIRECTOR

Victoria Coleman

2020 saw big shifts in the way we work, connect with one another and learn. The pandemic has gradually seeped into every aspect of our lives and it's clear that these changes will have lasting impact. People are re-examining their values, what they feel is important and why. It has been a frightening and unsettling time for so many of us.

As the national lockdowns began at the start of 2020, we responded quickly by:

- adapting all our programs for online delivery and delivering 20 online courses and trainings throughout the year to encourage compassion, wisdom and resilience,
- offering free training to our faculty of almost 100 facilitators worldwide on how to facilitate FDCW courses online effectively and safely, and
- creating a wide range of resources suitable for adults, children, the elderly and teenagers designed to share tools for integrating universal values and making these resources available to download in audio, video and digital formats.

New courses

In April we launched *16 Guidelines for Children and Teens* and in August *Unlocking Your Potential*, which examines how the lifelong process of conditioning influences who you are today. As Lama Yeshe, who inspired the vision for Universal Education, said: "The highest potential of each human being is great kindness and understanding, having sensitivity to each other; and the understanding of immediate and ultimate needs of others. This is the human totality and each of us possesses the potential to achieve it."

We trained 41 facilitators to deliver these new courses and it proved very timely. As one facilitator said: "Unlocking Your Potential is very relevant to our times when people may find themselves 'locked' inside a Covid bubble. Now people are more open to these ideas and to being of help to others – reaching out."

New resources and e-shop

In order to make our materials and products more easily available, we created a new resources section and an e-shop on our website. With the help of a funder, we were able to convert the *16 Guidelines for Life: The Basics*, which is an essential resource for 16 Guidelines courses, into an e-book available for purchase in English and Spanish. Our resource section now contains a growing range of free resources including the new *Happy Toolbox for Children* as well as the popular *Building Inner Strength Guide for Discussion Groups* in English and Spanish.

Supporting our facilitators and community

As an immediate response to the first wave of lockdowns worldwide, some of our facilitators led free online sessions called "UE Coming Together" to offer support and connection. Webinars on themes such as Neuroscience and Impermanence complemented our online activities and helped to establish regular engagement with our community.

With a special focus on our facilitators, we convened seven facilitator forums throughout the year focusing on areas such as Universal Education in universities, how UE programs can inspire living in a more sustainable way and safeguarding, inclusion and diversity.

In November, all this online activity culminated in the *Big Love Festival*, a celebration of 40 years of Universal Education activity, offered by 15 speakers in a series of “live” online sessions in several languages simultaneously and live-streamed to Facebook. Before the festival, we were delighted to receive a message of support from FDCW’s Patron His Holiness the Dalai Lama which we able to share with participants in the opening session of the festival.

Increased engagement and growing our audience

Throughout the year, we worked hard to hone our message, build networks and increase audience engagement. We refreshed the look, language and brand of the website and created a new monthly facilitator newsletter to inspire and support our global faculty. Our new e-shop and resources pages have proved very popular as people download and explore these resources.

As a result, by December 2020:

- traffic to FDCW’s website increased by 109%
- a record number of FDCW resources were downloaded across many countries
- subscribers to our monthly newsletter increased by 150%

Looking ahead

In 2020, we discovered that an online global festival with a wide range of speakers is a very effective way to showcase our programs, attract new audiences and raise FDCW’s global profile. The festival has opened up avenues and new opportunities that we can build on. We plan to make this festival an annual event.

Training in UE

In 2021, we will deliver a new Universal Education skills training program. Universal Education puts the student at the heart of the process with the facilitator creating the conditions for the student’s wisdom to unfold. The purpose is to provide skills training that empowers facilitators to deliver courses with confidence, wisdom and compassion.

Building Communities

A key strategic goal is building UE communities: people need to feel connected and supported in learning the tools for their inner happiness and developing compassion to enable lasting change. We want to encourage participants of our programs to continue their UE journey by forming grass-roots networks of local groups.

None of this is possible without the support of our loyal funders. We offer our heartfelt thanks for their generous support over the past 12 months. We also thank our facilitators and FDCW community in helping to spread the tools of compassion and wisdom throughout the world.

Big love



A CELEBRATION LIKE NO OTHER

BIG LOVE FESTIVAL 2020



Victoria Coleman shares the story of the Big Love Festival in November 2020.

“When we first began discussing the idea of a global online summit during summer 2020, I had serious doubts. It seemed such a huge stretch for our tiny team but I felt inspired by Lama Yeshe, the founder of Universal Education. He always thought big! And so the idea for the Big Love Festival was born.”

“The topics were all relevant as they all covered suffering and it’s causes and not content with that they showed us the antidotes to apply to reduce and gradually eradicate them. Most importantly they were ‘user friendly’.”

- Sandra K., participant

“The warmth and energy of the sessions were palpable. To add also a word on the set-up and communications. the team, from the viewers side, did a tremendous job: the updates, the ‘reflections’ not to mention the whole Zoom set-up itself. It really was very impressive and inspiring. Such a fitting celebration of FDCW’s work.”

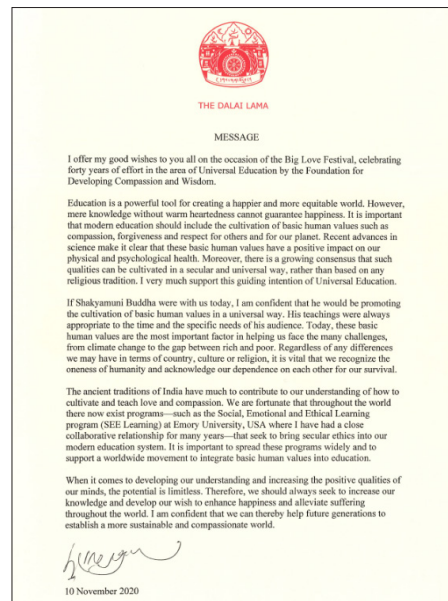
- Emma L., Meridian Trust, UK

Lama Yeshe first spoke about Universal Education nearly forty years ago and our vision for the Festival was to celebrate what had been achieved since then. We wanted to include speakers who knew Lama Yeshe and also those who had been inspired to breathe Universal Education into life.

As soon as we reached out, we were encouraged by the initial response and support we received and soon the confirmed list of speakers began to grow. Our honorary president Lama Zopa Rinpoche agreed to offer the opening talk on “What is Universal Education?” and Tenzin Ösel Hita, Professor Jan Willis and Ven Robina Courtin kindly accepted our invitation to speak.

Just a few weeks before the start of the Festival, we received a message of support from our patron, His Holiness the Dalai Lama. We felt elated to be able to share his encouraging words. It felt like a rocket boost of positive energy.

When the festival arrived, I was immediately blown away by the number of people who joined the sessions both live



Message of support for the Big Love Festival from our patron HH the Dalai Lama

“I have to say I enjoyed every speaker and found them all so inspiring especially Alison Murdoch’s guests on the sofa and Ven Carla and Paul and Ros. I think it was one of the most interesting weeks I ever had.”

- Barbara S., participant

“I offer my good wishes to you all on the occasion of the Big Love Festival celebrating forty years of effort in the area of Universal Education by the Foundation for Developing Compassion and Wisdom.”

- His Holiness the Dalai Lama
Honorary Patron of FDCW



Big Love Festival in Numbers

13
talks

15
speakers

6
days

Translations
into up to 7
languages

Average
number of
participants
per session
over 160

Net increase
of FDCW
subscribers
following the
festival + 91%

on Zoom and via our Facebook livestream. The most popular sessions reached over a thousand live viewers worldwide! The broad range of topics presented by the speakers truly captured Lama Yeshe's big and bold vision for UE. I felt very moved by the heart quality and courage that all speakers brought to their talks. I found it so inspiring. As one participant said, "the warmth and energy of the sessions was palpable". Although each presenter approached Universal Education from their own perspective and experience, common threads shone through – sincerity, the desire to share, vulnerability and mental clarity. It truly felt like Big Love.



Lama Zopa Rinpoche, FDCW's Honorary President, in his opening talk on "What is Universal Education?"

Looking back, the Big Love Festival radiated positive energy that seemed to build in resonance as the week unfolded. We would like to thank all the speakers and the facilitators who moderated the sessions. Without their support the Big Love Festival would not have been possible. A very special note of thanks goes to all the translators who approached us when they heard about the festival and made it possible to offer translations into French, Italian, Spanish, Portuguese, Russian and Chinese for many of the talks.

We are committed to making this an annual event. And yes, we have already started planning the 2021 event so watch this space."

For a full list of Big Love Festival speakers as well as recordings of all thirteen talks, visit <https://www.compassionandwisdom.org/sharing-the-love>



Participants during Wendy Ridley's and Marian O'Dwyer's presentation "Nurturing Mind and Heart"



Tenzin Ösel Hita in his upbeat and exciting conversation with Anna Colao in the closing session of the Big Love Festival

CASE STUDY

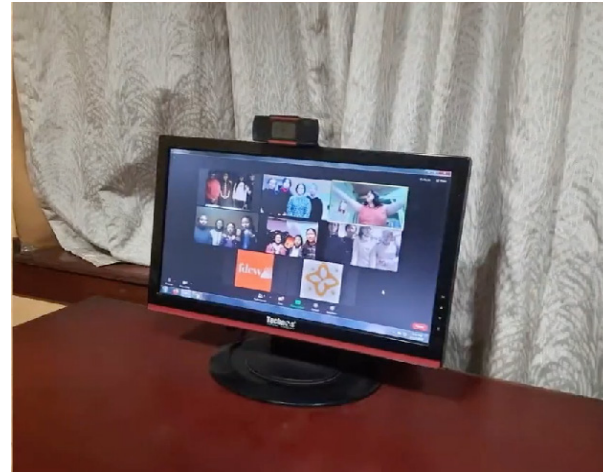
16 Guidelines Online at a Girls' Home in Nepal

Our facilitator Ceci Buzón led a 16 Guidelines (16G) for Life level 1 programme for twenty girls and young women aged between 16 and 22 at Vistare Girls' Home in Nepal. The programme ran for three weeks with a total amount of 12 hours plus an introductory session. It was delivered online via Zoom which enabled this incredible connection between Ceci based in Argentina and the girls based in Nepal.

As an experienced educator and teacher, Ceci skillfully adapted the 16G course to the age group making the course relevant and meaningful for the girls. Even though the course was delivered online, the sessions included a wide range of activities such as individual reflections,

discussions, group presentations, art, TPR (total physical response) experiences, videos, stories, and many more.

All seven tools of the 16G were introduced to the group. The girls learned about the four Wisdom Themes, the 16G cards and book, mindfulness, heart and mind reflection as well



The course was delivered online via Zoom with technical support provided by the FDCW office.

as pre- and re-framing. The role models often provide rich discussion and the girls did some reflective work on their own role models. An additional private Facebook group was created to share daily reflections, picking a guideline, motivational posts and questions for self-awareness. All the art work was posted there too so as to be shared and revisited by the girls days after the course ended.

The course was a wonderful experience, full of deep conversations, sharing and manifesting. The girls were very engaged and responded to the suggestions with enthusiasm. We hope that they will enjoy the long lasting benefits of the course!



Whether in-person or online, working creatively is an essential part of finding expression.

What participants said

“I must say that it was the most useful course for daily life. The whole journey was wonderful. I learned a lot.”

“Everything that I learnt from the course are really helpful and beneficial for me and my life! If I have to pick the most beneficial part then it was the activities that we performed during the class which has taught us practically and can be in memory for a long time!”

“I got to do lots of activities which is developing my good habits and positive morning. I got lots of wisdom and it even opened my mind by viewing things in different perspective.”

“Everything and every activity done in the class was really beneficial and helpful. Knowing about compassion and wisdom as our pair of legs was really helpful. 16 different guidelines of life with different activities helped us know more about our life and the ways we should act with one another being a human being.”

“It was most amazing and it has helped me in many things like thinking in positive ways and the importance of co-operation. I got to learn about the Wisdom themes. I experienced a beautiful journey through this 16 Guideline course.”

What participants said

“Like a sun in the clear light sky, now I have found my path!”

- Olga after taking *16 Guidelines Level 1*

“I was surprised by the teaching approach that relied mostly on input from the participants. I found it empowering, respectful and effective.”

- Yael after taking *16 Guidelines Level 1*

“Very inspirational personality! Humanity needs people like you!”

- Chrissa after taking *16 Guidelines Level 1*

“The experience was extremely positive and enriching.”

- Tiziana after

Unlocking Your Potential Facilitator Training

“It takes you to another space, almost as if you are in the same room with all the participants. Switching off the computer, I had to first become aware where I am actually. It is wonderful.”

- Ven Rita after attending

Building Balanced Empathy Facilitator Training Online

“Very nice, the atmosphere has been very warm and inclusive, relations with participants and facilitators have been great, sharing experiences, knowledge and insights have been really nourishing. The content of the course and the exercises very well done! I really enjoyed these 6 hours together!”

- Sabrina after

Unlocking Your Potential Facilitator Training

IT'S ALL ABOUT YOU

Courses and Training Online in 2020

In response to the coronavirus pandemic, FDCW offered twenty public online courses to a global audience. These included:

- 16 Guidelines Level 1
- 16 Guidelines Level 2
- Building on the Basics
- 16 Guidelines for Children and Teens (new)
- Building Balanced Empathy
- Unlocking Your Potential (new)

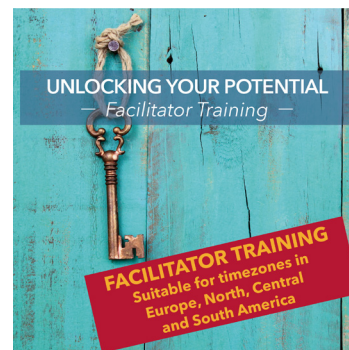


One of the new courses launched by FDCW in 2020

FDCW also provided free community support sessions under the title *UE Coming Together* during the first months of worldwide lockdowns and introduced public webinars on topics of broader interest such as neuroscience and impermanence.

All this work would not be possible without FDCW's dedicated network of facilitators. FDCW offers frequent training and support which in 2020 included:

- 16 Guidelines for Children and Teens Facilitator Training
- Unlocking Your Potential Facilitator Training (twice for facilitators in different timezones)



FDCW trained and accredited facilitators in two new courses

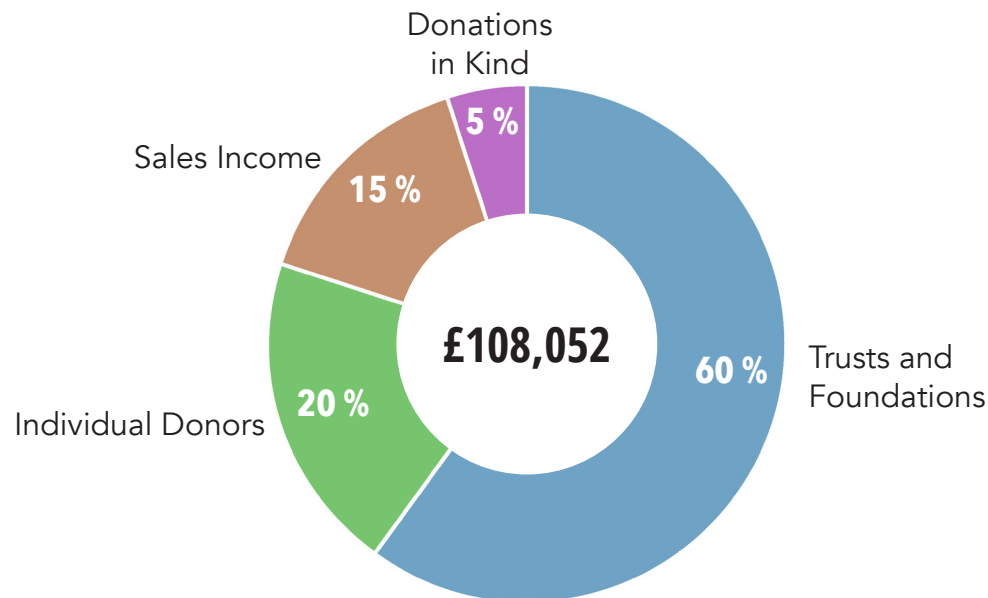
- Effective use of Zoom and online course adaptation in response to changing delivery patterns due to pandemic
- Forums on topics including Equality, Diversity and Inclusion in Universal Education, Universal Education in Universities, how Universal Education programmes can inspire sustainable living, adapting programme structures to meet students' needs and Universal Education in Death and Dying
- Introduction of newsletter for facilitators
- Expansion of freely available resources via our website as well as the publication of 16 Guidelines: The Basics in e-book format

A LOOK AT OUR FINANCES

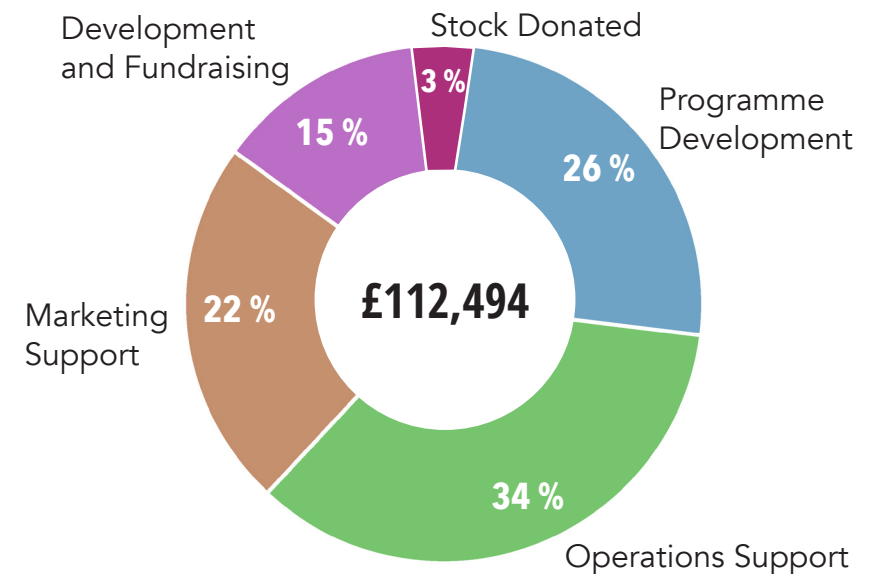
How we are funded and use our resources

FDCW mostly relies on the generosity of benefactors and has received support from trusts, foundations as well as individual donors in 2020. The impact of the pandemic has led to a range of changes within our operational structure which is reflected in these numbers as well.

Income 2020



Expenses 2020



In Summer 2020 the decision was made for the team to permanently move to remote working and FDCW let go of rented office space which reduced overheads.

Much of our focus in 2020 was on making our courses and resources more widely and easily available. Through the creation of an online shop, a resources page and a new online course registrations and payments system our year-on-year sales income jumped by 46%.

WE LET OUR PARTICIPANTS HAVE THE FINAL WORD

Universal Education is...

“A Big Vision !”

“Best secular school I know so far.”

“Secular methods - drawn from wisdom traditions expressed in contemporary language - to help us to understand ourselves so we can embody universal values and develop our full wisdom and compassion potential.”

“...a way to help as many people as possible find happiness by providing lots of different methods.”

“A necessary and generous project for our world.”

“...speaking the simple language of the heart.”

“Educating in love and compassion.”

“...needed for the human part that is lacking in our standard educational system.”

“Inner responsibility.”

“Our best shot at providing people with the tools they need to make the changes we all need for the future of us all.”

“...a wonderful gift to humankind.”

“Transforming the world!”

