

*Den norske arbeidsgruppen for
SNLA 2024
ønsker alle
velkommmen til Tjøtta*



Photo: Kirsten

Toril og Mariann fra SI Sandnessjøen, Evy, Grethe og Karin fra SI Norway
(First slide in Norwegian – a taste of the Norwegian language!)

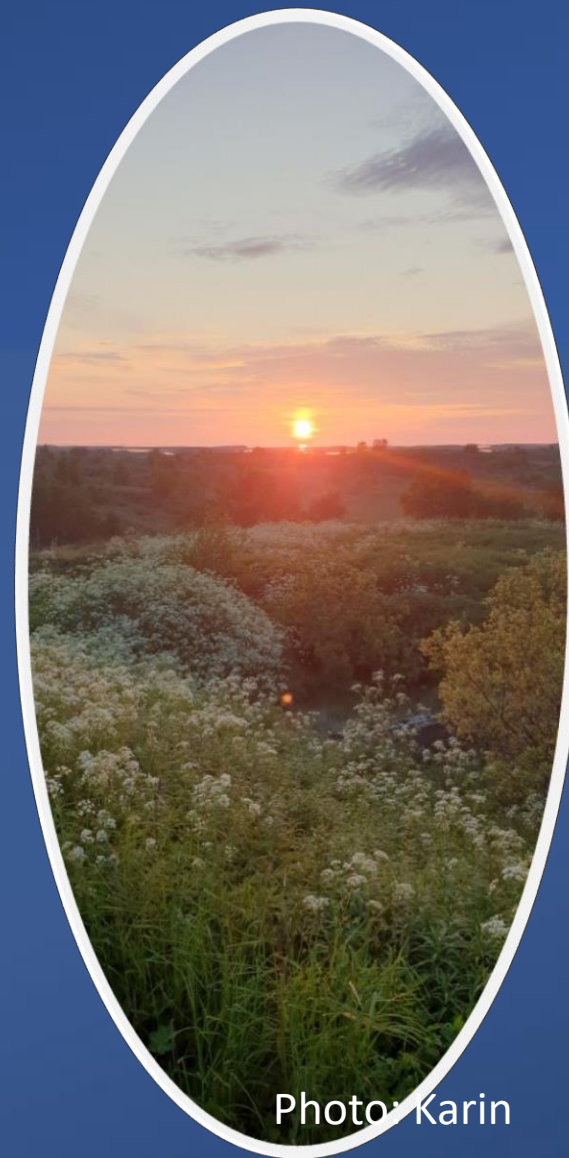


Photo: Karin

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SNLA – Soroptimist Nordic Leadership Academy



Photo: Linda

SNLA Norway 2024 Tjøtta

**a global
voice for
women**

**We stand up for women!
Educate – Empower – Enable**



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What is SNLA?

Soroptimist Nordic Leadership Academy (SNLA) is designed to support young women between 20 and 30 to take on future leadership roles. There is still a shortage of women leaders in many areas. The training, conducted in English, is given annually during one summer week in one of the five Nordic countries. Each Nordic country appoints five participants. We choose a place in a pleasant environment, preferably with a historical or cultural background. SNLA started in Öland 2017 and was next held in Röros, Norway, followed by Rauma, Finland, Denmark (digitally), Bifröst, Iceland in 2022 and Skurup, Sweden in 2023.

The themes of the SNLA are built up around *Women Leadership – Body – Mind & Heart*. Moving from the individual to interaction with others to group presentations will help develop self-esteem. We work primarily in the following areas:

- Communication, theory and exercises
- Presentation techniques
- Projects and how to run them
- Leadership – what is good leadership
- Diversity management
- Teams and how to work in them – virtual teams
- Gender equality
- Suppressive language/techniques
- Sustainability – a world-wide subject

Speakers at SNLA

Who are they?



The Seven Sisters – Mountain range on the Island of Alsta. Photo: Karin

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Hafdís Karlsdóttir, Iceland

President of Soroptimist International of Europe 2024-2025



Having been in a leading position most of my professional life, and within the Soroptimist organisation, I have learned that working together as a team is the only way to move. For that, leadership skills are needed. Soroptimists advocate for human rights and gender equality with emphasis on education, empowerment and enabling opportunities for women and girls. During your stay in Norway for the Leadership Academy you will be experiencing the power of women working together so that each one of you will be empowered to become the leader in your own life.

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*Carolien Demey, Belgium. Immediate Past President
Soroptimist International Europe*



- To shape your future and map out your life without constraints, learn the tools for making the best choices for your path forward. Straightening your finances is crucial for focusing on broader opportunities. Hear from Carolien Demey, IPP of Soroptimist Europe and University of Ghent's Alumna of the Year in Economics, on how to achieve this.

Karin Dahlberg Pettersen, Union President SI Norway 2024-2025

Being a Soroptimist since 2017 and the Union President of Norway for just five months, I am grateful for the opportunities the organisation has given me and proud to be part of a global organisation in which teamwork is essential.

My passions are combatting human trafficking, ending violence against women - and promoting education for all. Professionally, I have had several leadership roles within education and ended my teaching career in continuing and in-service education for teachers of English at Østfold University College. I am still supervising master students in English didactics.

I have been part of the Norwegian and Nordic working group for three years and am the project leader of SNLA 2024.



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Grethe Mary Sørensen, Immediate Past Union President SI Norway

I am proud to be a Soroptimist and also of my club SI Ringerike, one of the largest clubs in Norway, where I have been a member since 2001.

Project work is the core of our organization. In its 70-year history, my club has contributed actively to projects in our areas of focus both nationally and internationally, but most of all locally. I have held many roles in my club, also as the president, and was the Union President in the years 2021-2023. I have been part of the Norwegian and Nordic SNLA Working Group since 2019.

Professionally, I worked as an HR manager in a manufacturing and sales company in Norway, and before retiring, also in our sister companies in Sweden and Denmark.



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*Loveleen Rihel Brenna,
Norway*

Loveleen Rihel Brenna founded the SEEMA. Loveleen has advocated inclusion and gender equality since 1995. She has received recognition and held several leadership positions for her work over the past two decades.

In 2006 she was named one of the most powerful women in Norway. In 2016 the Fritt Ord Foundation presented her with the prestigious Annual Freedom of Speech Award, and she received many other awards for bringing awareness to diversity and inclusion issues. Loveleen has held several positions as a member of the National Board of the Norwegian Red Cross and UNICEF. She has also served as President of the National Parents Committee for Primary and Secondary Education. Currently Loveleen is a board member of the Det Norske Teateret and the Judicial Nomination Council for the Norwegian Ministry of Justice.



*Ulla Madsen,
Denmark*

SI Europe Past President, has had a lengthy career in financial institutions. She has held many leadership positions and most recently, as Head of Efficiency Improvement and Rationalization at Handelsbanken, Denmark. In October 2017 she established her own company that gives advice to companies on how to support the United Nations Sustainable Development Goals (SDGs). She will speak about the Soroptimist International (SI) History, SI at the United Nations (UN), and Mentoring.



*Yael Tågerud,
Sweden*

Yael has been developing courses and teaching intercultural communication in various contexts since the mid-1990s. During the last 20 years, she has also coordinated and led in-service professional development activities at Linnaeus University in Sweden. Yael's interactive lecture aims at raising awareness and promoting reflection about the dynamics of intercultural communication, and therewith, hopefully enhance the development of one's intercultural skills.



*Linda Schang,
Sweden*

Born in the UK, resident in Sweden since 1974. BA (Hons) European History – University of East Anglia, further studies in Industrial Psychology at Stockholm University. Human Resources, Program Director, at Ericsson for 15 years, working with leadership issues and development of future leadership in Ericsson. Worked with the SNLA since 2016.



*Ida Gormsen,
Denmark*

- Soroptimist since 2008 and currently President of the Danish Union.
- Self-employed musician most of my adult life and have developed different skills to enable me to perform at my desired level.
- Presence - Resilience - Entrepreneurship - Environment - Health - Passion – Performance – Positive impact. I'm driven by my values and try to become a little bit better every day.
- Practicing yoga, mindfulness and **meditation** has brought me closer to who I am and staying aligned with my purpose. I'll introduce some tools for becoming more mindful in your daily life.



*Anne-Mette Øvrum,
Norway*

Chair of FOKUS – Forum for Women and Development, a centre on international gender issues; an umbrella for 43 women's organisations in Norway. Have participated at the UN Commission on the Status of Women for 10 years, been a Soroptimist for 8. My master's degree in international management, specialising in analysing cultural, economic and geographical differences, is an important tool for understanding the different contexts women and girls live in globally. I founded a new organisation in March, Women's Rights Advocates and Advisory Association, to continue to advocate and facilitate action against violence and the killing of women and girls.

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– *Dr. Shelemia Nyamuryekung'e (PhD)* – working within landscape ecology, geographic information systems (GIS), virtual fences, precision livestock farming and ruminant nutrition.



– *Dr. Vibeke Lind (PhD)* – working with ruminant nutrition, greenhouse gas emissions from ruminants, grazing management and indoor feeding management, circularity within nutrients at farmlevel and sustainability.

*Annemari Vanhaviitakoski,
Finland*



I have more than two decades of work history in digital development, management work, management teamwork, marketing, customer development, sales, competence development and continuous improvement in the media sector; the last three years in the education sector. Today, I work as a management and entrepreneurship coach at the Finnish Institute for Enterprise Management, a national institution for providing adult education. We organise training courses online and in a number of localities. Roughly 4,000 students attend our various courses every year, and we employ more than 90 industry experts.

*Trude Jægtvik,
Norway*



Trude Jægtvik is a nurse and Associate Professor at VID Specialised University in Sandnessjøen, Institute for Nursing. She also teaches belly dancing.

In her doctoral thesis, she examined women's subjective experiences of belly dancing from a public health perspective. The starting point was the experiences from 48 women who attended her belly dancing course. She will give a lecture in body language.

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Anne Wogstad, Norway



Anne brings with her over 20 years of experience from large companies, where she has specialized in planning, streamlining and managing sickness absence.

She has led projects that have resulted in significant cost savings and increased capacity in public transport and has implemented Lean principles in large organizations such as SAS and Sporveien AS. Anne has also personally experienced burnout, and her journey has given her a deep insight into how to deal with stress and develop a sustainable lifestyle.

With a recent education in Innovation and entrepreneurship, as well as being an EQ therapist and yoga teacher, Anne is dedicated to sharing her knowledge and helping others to achieve better results through an improved working environment and management, as well as how to find balance in modern life.

*The
schedule
of the week*



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Schedule of the week

<p>SUNDAY</p> <p>Arrival Day</p> <p>19:30 Celebrating St. John's Eve (midsummer night)</p>	<p>MONDAY</p> <p>07:30 – 08:00 – Movement walk or a morning bath in the sea)</p> <p>08:15 – 08:50 - Breakfast</p> <p>09:00-10:30 Welcome. Introduction, the program, content and goals.</p> <p>Ground rules. Talking partners. Present your partner.</p> <p>Breaking the Ice. My Dream. Karin DP, Grethe and Linda</p> <p>10:30-11:00 - Break</p> <p>11:00-12:30 - Gender equality – still 300 years away? The responsibility of a leader. Anne-Mette</p> <p>Lunch: 13:30-13:30</p> <p>13:30-15:00 - What is Leadership, with interactions and discussions. Anne-Mette</p> <p>Suppression languages/techniques. Anne-Mette</p> <p>15:00-15:15 - Break</p> <p>15:15-17:00 - Body Language. Trude</p> <p>17:00-17:15 - Present and establish Walk the Talk. Linda</p> <p>17:15-18:00 - Reflection exercise. Linda</p> <p>18:00-19:00 - Walk the talk</p>	<p>TUESDAY</p> <p>07:30-08:00 – Yoga</p> <p>08:15 – 08:50 - Breakfast</p> <p>9:00-10:30 - A global voice for women. Ulla</p> <p>Break 10:30-11:00</p> <p>11:00-12:30</p> <p>Presentation Techniques. Karin</p> <p>Lunch 12:30-13:30</p> <p>13:30-15:00 Belbin profiles, establishing Consultancy teams (30 mins). Preparing for Consultancy (30 mins.) Preparing for My dream (30 mins.) Linda</p> <p>Break 15:00-15:15</p> <p>15:15-16:00 - Mentoring. The wall of mentors. Ulla</p> <p>16:00-17:00 - Conflict Handling. Annemari</p> <p>17:00-18:00 - Economy Carolien)</p> <p>18:15 Historical walk on the island of Tjøtta, guided tour</p> <p>19:30 Dinner</p>
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WEDNESDAY

07:30 - Mindfulness. Ida

08:15-08:50 - Breakfast

09:00-10:00 – Meditation. Ida.

10:00 -10:50 Sustainable societies and food security.

Vibeke Lund and Shelemia Nyamuryekung'e, scientists at NIBIO Tjøtta

11:10 Departure time for ferry to Vega (1 hour).

Bus tour, visit and guided tour at the UNESCO World Heritage Centre

Lunch at the museum

17:10 Ferry departure from Vega (1 hour)

19:30 Dinner

THURSDAY

07:30 - Movement

08:15-08:50 - Breakfast

09:00 – 10:30 - Intercultural communication. Yael

Break 10:30-11:00

11:00-11:45- Intercultural communication (Cont.) Yael

11:45-12:30 - My Dream presentations. Participants, group 1. Linda

Lunch 12:30-13:30

13:30-14:00 - Role Model (30 min). Loveleen

14:00-15:00 - Diversity Management Loveleen

Break 15:00-15:15

15:15-16:30 - Norwegian Soroptimist Projects. Grethe and Karin

16:30-17:15 Communicative Transformational Leadership. Linda

17:15-18:30

Preparing for debate (Popper Method). Linda

19:30 Taking part in the Tjøtta Festival – Barbecue

FRIDAY

07:30 - Yoga

08:15-08:50 - Breakfast

09:00- 1030 - Role model (30 mins). Anne
Emotional Intelligence and project management. Anne

Break 10:30-11:00

11:00- 11:30 - Teams' final preparations. Linda
11:30 – 12:30- Debate. Linda

Lunch 12:30-13:30

13:30-15:00 My Dream presentations. Participants, group 2. Linda

Break 15:00-15:15

15:15-16:00 - Consultancy teams "Soroptimists should..."
16:00-16:20 - The Mayor of Alsta Municipality
16:20 – 17:15 - Closing session and certificates
17:15-17:45- Why do we need Soroptimists? Greetings from Soroptimist
International Europe. President Hafdís Karlsdóttir, Iceland
Online session

19:30 Farewell Dinner

SATURDAY

Departure Day

07:30-08:30 Breakfast

Departure from Tjøtta (bus) at **09:00**
for those with Flight Hrs 10:40 from
Stokka Airport

Departure from Tjøtta (cars) at **12:30**
for those with Flight Hrs.
13:55Departure during the week –
see **transport plan**



Excursion - the Vega Archipelago



Photo: Karin

Location

A bit south of Tjøtta you will find the Island of Vega. The Vega archipelago received its UNESCO World Heritage status in 2004, in recognition of the islanders' unique role as guardians of the eider ducks that nest here. In addition, the islanders are fishermen-farmers. Theirs is a unique cultural tradition and a sustainable way of life that dates back at least 1500 years.

Source: visitnorway.com



Photo: Karin

The Eider Ducks and the Women

- The tradition of eider farming has been an important source of income. The women have protected the birds during the breeding season and made the precious eider down duvets.
- The inscription on the World Heritage List is a tribute to the efforts of women and the interaction between nature and people.



Source: The World Heritage Centre

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Participants SNLA 2024



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Norway



Katrine Mari Tuven



Nora Røst



Ida Reffhaug



Amna Fazal



Iselin Kleppe Løvik

Denmark



Signe Berg Bojesen



Amanda Guldbæk
Hansen



Kristina Kornbech
Bramminge

Sikki – Flight
cancelled



Amalie Andrea
Lundberg

Finland



Emma Lahtinen



Anni Tyynelä



Ida-Maria Grandell



Milla Kallajoki



Salome Gurara

Iceland



**Birgitta Ýr
Sigurðardóttir**



**Thorhildur D.
Söebeck**



**Arna Marín
Gunnarsdóttir**



**Álfheiður
Bjarnadóttir**



**Anastasiia
Hulchenko**

Sweden



Louise Johansson



Agnes Pettersson



Anna Eriksson

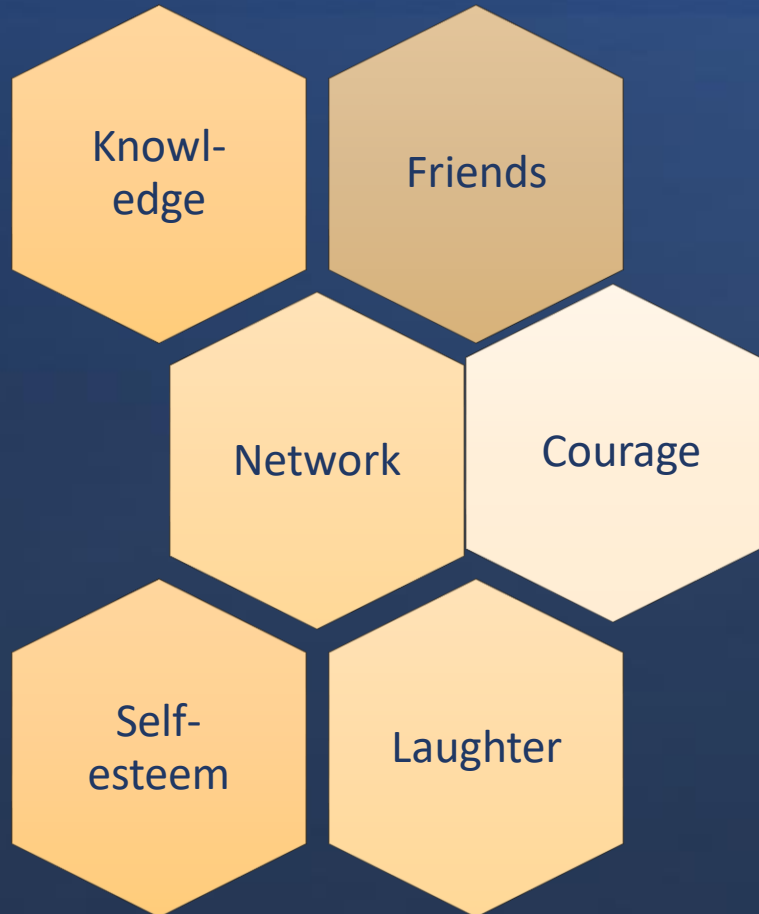


Lise Stenberg



Gülden Eryilmaz

Thank you!



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