



**“I feel happy when volunteers inform us of their career successes or of their growing interest and passion to bring positive changes in the issues that matter to them.”**

## Our Values Champions

**Soniya Shrestha**

**Programmes Officer**

**Restless Development Nepal**

### Her Restless Story

Soniya first volunteered with Restless Development as a Volunteer Team Leader from January to March 2015 as well as volunteering during and following the 2015 earthquake in the child friendly spaces set up by Restless Development. She is now working as a Programme Officer for the International Citizen Service (ICS) programme. She was nominated as a Values Champion by her peers for her dedication, activism and leadership skills.

### Which of our Values speaks to you the most and why?

“All of our values together define who we are. But if I had to choose, I would say the heart and voice value speaks to me the most. I am very passionate to work on youth issues and believe that young people can take leadership. I wish to see youths leading to bring development by making healthy and rational choices by themselves and creating their own paths.”



### What’s your favourite part of Restless Development...in your job or beyond?

“In my job the most favorite part is to see how the volunteers have grown and developed through their placement experience in the community. They have not only developed themselves but have been the role model for many youths, inspiring them and enabling them to become capable of leading their own lives and in the community they live in.”

### My example of our Values in action is...

“At the time of the earthquake, when the tremors had not even stopped, it was the youths (100s of our alumni) who was there to support the earthquake victims either through relief materials distribution or through collection of funds, or by volunteering to build child friendly spaces. Then there were those brave ones who reached the most affected areas to build the temporary learning centers at the time of such emergencies. It was a proof of resilience and true dedication and passion, a leadership in its own.”

### If you could say one thing to your colleagues across Restless Development, what would it be?

“Restless Development has been the first and the dearest step in my career. The people working here have inspired me to work to my best abilities for the good of others. I am thankful to those who have placed belief in the potential of young people. It has made a difference in the lives of many. Keep believing.”



Listen to what else Soniya has to say about our Values [here](#).



As part of ongoing celebration of our values, a values champion will be profiled every month. Champions were nominated by their peers and selected based on their commitment to the Values and ideals of Restless Development. To learn more about our values, visit [www.restlessdevelopment.org/our-values](http://www.restlessdevelopment.org/our-values)