



Centre for
Sustainability
Leadership

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CLARE DESIRA

CREATING A MOVEMENT OF GENEROSITY

ALUMNI PROFILE

CSL helped me develop a vision of a world where volunteers aren't needed anymore. A world where our planet is thriving. A world where people are healthier both physically and mentally than they ever have been. A world where no one is in need. But more on that later...

The 2011 Fellowship Program was one of the best learning experiences of my life. Personally, I've finished with a range of new tools to use, a world of new contacts and a renewed confidence to grow the impact I can have, particularly in three roles I play.

Firstly, I have leveraged my CSL experience when moving into a national role managing one of Australia's leading corporate volunteering programs for NAB. I have led a strategy and team, which last year alone connected over 18,000 days/\$7m of in-kind employee time through volunteering for social issues and opportunities in Australia. The role includes sharing the benefits of and successful models of volunteering with many different audiences including corporate, community and government.

Secondly, CSL perspectives have helped in co-directing an inspiring social change and leadership program that supports young Australian leaders aged 18-25 for Rotary. I have been involved with this program for 11 years, helping young adults build their self-awareness so they can become confident, passionate and courageous leaders.

Thirdly, amongst other fellows' speeches on carbon credits and biodiversity at the CSL media retreat, I developed and presented the idea that my daily routine of simply capturing five positive memories from each day is a real opportunity to contribute to a more sustainable world. The daily routine is called writing my 'Top Five'.

Since CSL, I am well on my way to creating a movement of generosity and happiness

throughout the world. The Top Five Movement has been shared at a TEDx event, in corporate settings, in emerging young leadership programs and within training, education curriculum, blogs, magazine articles, publications and a new website (www.topfivemovement.com).

So whilst initially the idea might seem "fluffy", loads of research shows that the benefits of practising daily gratitude are enormous. A wonderful side effect of writing a Top Five is the collective impact of many people writing a Top Five. If one person becomes more energetic, optimistic and generous from writing a Top Five, what could the world look like if everybody was more energetic, optimistic and generous? A world where no one is in need? A world where people are healthier both physically and mentally than they ever have been? A healthy planet? I am keen to find out and am inviting you to join me.

The message is simple, accessible and powerful. The tool is practical and evidenced based. It transcends age, race and religion. It is a positive mental health routine which is particularly valuable as mental health issues are on the rise.

If not for the world, start a Top Five for yourself. In just a few years, I easily recorded over 10,000 of my own Top Five moments. Research shows that individuals who feel more grateful, live longer, are healthier, happier, more confident, less lonely, more relaxed, more creative, bounce back from hard times quicker, have improved emotional balance, and sleep better.

The new website includes a free template document with some of my top tips on developing gratitude. I'd encourage you to grab a pen and get started now by remembering today for five positive reasons. If you do you'll make your world and our world a better place.

I went into CSL wanting to learn how to navigate the complex environments of social/sustainability issues and opportunities. I learnt about this but also walked out with a vision, focus and people already on board a

movement. I will be forever grateful for the CSL experience.

www.topfivemovement.com

www.nab.com.au/volunteering

