

let's go!

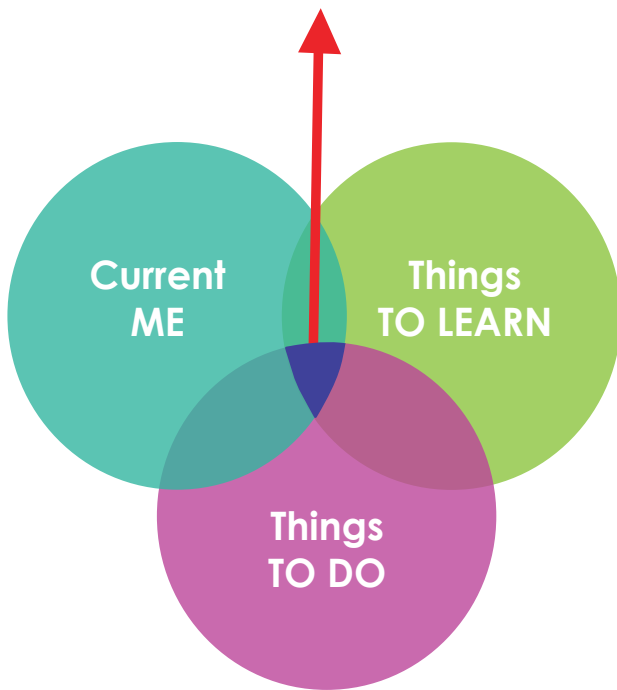
write the book you want to read

YOUNG? READY TO DESIGN YOUR FUTURE?

Then **LET'S GO!** on an exciting journey of self-discovery to master self-development with new skills and understand your individualism, your awesomeness and the greatness that awaits you.

Design your personal brand by which to live. Place yourself squarely on the winning path.

ME2B: MY New Personal Brand



As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves.

Mahatma Gandhi

DESIGNED FOR



Learners
Students
Graduates
Interns
Learnerships...
...Any one 15-30 years old

HOW WILL YOU GROW?



Know and understand yourself better
Develop personal leadership as a life skill
Develop your personal brand
Know your life purpose
Have fun, learn and discover
Make new friends
Be a new, better you

WHAT WILL YOU EXPERIENCE?



Exciting discovery tools
Creative designs
Fun activities
Colourful material
Interesting learning sessions
Life skills
Content that you will use forever

DELIVERY



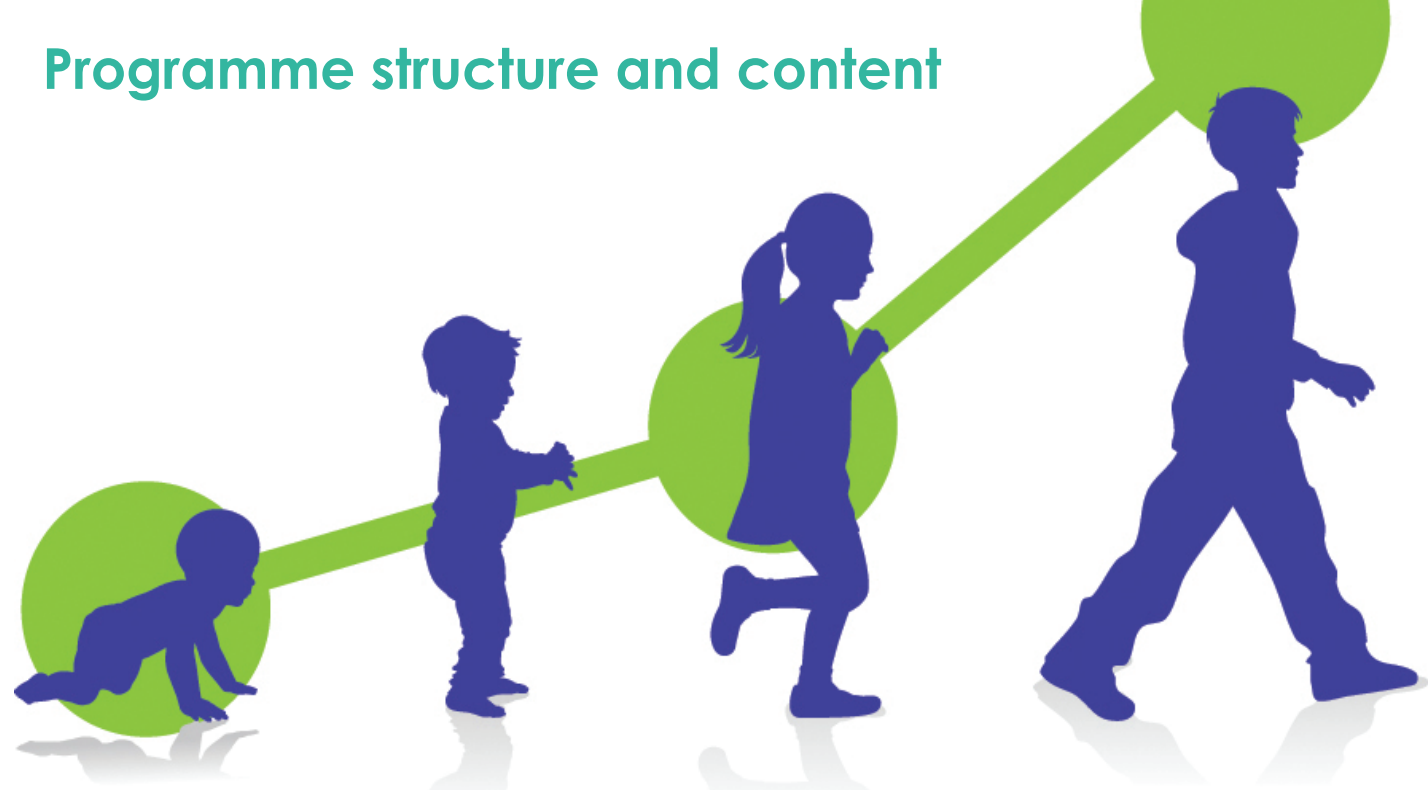
Duration: Four consecutive contact days
Venue: A venue selected by the client
Group size: 30 participants

FOR SUCCESS



Presentation of ME2B
(the future me, and my new personal brand)

Programme structure and content



ME - Learning 1

1. Reflection and journaling
2. My different ME's
 - The current ME
 - The ME others want me to be
 - The ME I pretend to be
 - The ME I am meant to be
3. My personality type
4. How I think - my brain profile
5. Am I an introvert or an extrovert?
6. My processing style

ME - Growing 2

1. The values I live by
2. Things I am passionate about
3. How can I perform better?
4. What do people say about me, and how do I respond?
5. My dealing with conflict
6. My locus of control
7. Understanding body language
8. What is my visual impact?
9. My life story

ME - Going 4

1. Empathy, assertiveness, fairness, gratitude, self-confidence
2. My life purpose
3. Living a purposeful life
4. My personal identity
5. This is ME - Building my personal brand

ME - Moving 3

1. The art of thinking
2. Decision-making
3. How to be a good follower
4. Networking
5. Sex, drugs and alcohol
6. My boundaries
7. Being authentic

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