



DISCOVER YOURSELF For Forthcoming Managers



Introduction

A teenage student starting a fresh chapter can be agonising and disoriented if they are not guided properly in this crucial early stage in life. They may fall behind in their course of study, often confuse and aimless. Knowing what actions to take and how to executing them, make the difference!

As these young graduates embark into their new careers, many of them find difficulties to feel “belonged” to a company and blend in with the seasoned working society. Understanding what it takes to integrate in the shortest possible time frame provides a springboard that sets them apart from the rest..

Programme Objective

DISCOVER YOURSELF instils positive attitude and mindset required by students' who inspire to achieve excellence in their studies. It offers a solid platform for *Personal Development* - self discovery, character building, mind setting; *Interpersonal Development* - social skills, communication, human relations and *Team Development* - working with people and leadership.

This structured learning skill programme is specially designed for students to develop self confidence in their early stage of career direction charting and eventually apply these crucial aptitudes when they begin their chosen profession.

It nurtures an all-round personality to prepare and strengthen an individual mental and physical talent, the key to a successful future embarkation!

Programme Description

DISCOVER YOURSELF exposes participants to the natural surroundings of the rainforest, taking them away from the day-to-day comfort and predictable routine to an unfamiliar environment where they are subject to a culture of openness, communication, caring and supporting others, trust bonding, decisions making, motivation, leadership and risks management.

The exercises are designed to relate the value objectives, setting clear direction where one's heading by applying *Action Learning* principles. Set in a **WARGAME** platform, **DISCOVER YOURSELF** challenges teams to be Creative, take Calculative Risks and devise Strategic Plans to win in this friendly and yet demanding competition.

Safety is our utmost priority and measures are taken to ensure that they have a good fun lesson where everyone can join in. End of the day, valuable experience gained, barriers bridged and friendships bonds!

Programme Elements

We create lots of fun and actions in outdoor environment through simulation activities, lesson debriefings, sharing of valuable experiences. We also create an avenue for self-reflection for future goals setting.

This exciting programme takes them to the limit of endurance, perseverance and teamwork to overcome nature's obstacles that can be translated to the real world.

The jungle trials, river rafting, kayaking, rock climbing, abseiling and other natural outdoor elements pose challenges requiring strong leadership skill, good communication, excellent teamwork and quick decision making. Working together to overcome obstacles builds teamwork and comradeship, all in the spirits of fun & achievements that takes them through the ultimate learning adventure beyond the classroom.

It defines purpose, wins commitments, builds trust and drives an individual to its peak potential and addresses personal challenges through *Experiential Learning* focusing on *People Skills* so that the students can reflect the important elements of applying effective interaction skill.

At the end of the programme, the students will be able relate and apply the core beliefs to their everyday living and study objectives.

ACTIVITIES

1. BAND OF BROTHERS

This self-discover exercise emphasizes the slogan **"I Can Make The Difference"**

Setting up the Team and giving it a direction. Settling in as individual, discovering one self's and contributing to the purpose and objective of an effective team by creating **Personal Goals**.



2. ARMAGEDDON

This simulation exercise emphasizes the slogan **“Discover Yourself”**

It takes us back in time where illustrate the purpose of human being on earth and stresses how communications, human relation, trust and teamwork evolve through time. It reinforces the need to change and adapt in meeting future challenges. It is an exercise to achieve **Inter-personal Goals**.



3. PURPLE HEART

This sharing exercise emphasizes the slogan **“Remember Your Future”**

It stresses the value of sharing ideas and information required in meeting objectives or connects to their study strategy. This exercise illustrates the need for openness and readiness to accept new changes. It is also an activity in pursuit of personal and team growth objectives. It is motivational, aspiring and encourages participants to think and act out-of-the-box to achieve **Personal Goals**.





4. BLACK HAWK DOWN

These adventure-type activities emphasize the slogan **“Leave No Man Behind”**

It states the importance of supporting others while the team pursues the set objectives. It demonstrates the need to help a “weaker” member of a team so that the member doesn’t drag the whole team behind to ensure everybody is moving in unison towards the set objectives.

These activities are physically challenging but are safe and fun to prepare an individual in view of the impending challenges to achieve **Team Goals**.



5. NATIONAL TREASURE

This is a nature-adventure type activity using the natural resources to emphasize the slogan **“You Are Not Alone”**

It drives the message that working in teams is better than doing it alone. It creates an environment where working alone can be miserable without the support from peers. The individual will gain self-worthiness by participating and contributing to achieve **Team Spirit**.



6. PREDATOR

These contemporary style activities using props to emphasize the slogan **“The Truth Is Out There”**

These are short activities to create bonding amongst members where students compete in teams. They create opportunity for openness, togetherness, enhance communication and most important of all, encourage healthy internal competitions to achieve **Winning Teams**.





LEARNING OUTCOME

KNOWLEDGE

1. Discover their own capabilities and weaknesses
2. Know why effective communication and team support are important
3. Be aware of communication barriers and how to overcome them
4. Know why supporting others and asking for help is often more effective
5. Appreciate the advantages of teamwork and cooperation

COMPETENCE

6. Communicate more effectively
7. Apply learning and living skills
8. Blend well with various cultures, races and societies
9. Face the challenges of personal development and working in teams
10. Work with others on solving problems or looking into ways of continuously improving one self's.

MINDSET

11. Share skills and knowledge to create better results
12. Build teamwork and develop expectations for a new or existing team
13. Induce high confidence
14. Clear career direction setting