

A Leadership Program

with a difference

I am Me!

The man in the Mirror



Pro-Act Ventures

Destiny is not a matter of chance
but a matter of choice!



Program Objective



Before you can lead others you got to be able to lead yourself, belief in yourself and love yourself



Sunday

16h00 – 18h00

- Registration

18h00

- Evening Snack

19h00 – 22h00

- Introduction
- Setting the Scene
- Getting Acquainted (Teams)



Monday



Functional:

- 07h30: **Breakfast**
- 10h00: **Tea Break**
- 13h00: **Lunch**
- 17h00: **Free Time/Preparation**
- 18h00: **Dinner**
- 22h30: **Lights Out**



08h30: Theoretical Learning

- Introduction
- I Am Me
- I am unique (Exercises)



10h30: Theoretical Learning

- Review of previous session
- What would I like to be!
- Visualisation



14h00: Recreational Learning

- Team activities:
 - Soccer/Netball/Basketball
 - Adventure Activities
 - Leadership exercises



19h00: Team Activities

- Story Telling
- Presentation Skills
- Movie



Tuesday



Functional:

- 07h30: **Breakfast**
- 10h00: **Tea Break**
- 13h00: **Lunch**
- 17h00: **Free Time/Preparation**
- 18h00: **Dinner**
- 22h30: **Lights Out**



08h30: Theoretical Learning

- Review of previous session
- What would it be like when I get there?
- Visualisation
- Qualifying my dreams



10h30: Theoretical Learning

- Review of previous session
- Who am I!
- Brain Dominance
- Lifestyle Questionnaire



14h00: Recreational Learning

- Team activities:
- Soccer/Netball/Basketball
- Adventure Activities
- Leadership exercises



19h00: Team Activities

- Speaker
- Video Clips
- Performances – Music & Singing



Wednesday



Functional:

- 07h30: **Breakfast**
- 10h00: **Tea Break**
- 13h00: **Lunch**
- 17h00: **Free Time/Preparation**
- 18h00: **Dinner**
- 22h30: **Lights Out**



08h30: Theoretical Learning

- Review of previous session
- Who am I!
- Brain Dominance
- Lifestyle Questionnaire
- Emotional Intelligence



10h30: Theoretical Learning

- Review of previous session
- Who am I! (continue)
- Why I Do, What I do, The way I do it



14h00: Recreational Learning

- Team activities:
 - Soccer/Netball/Basketball
 - Adventure Activities
 - Leadership exercises



19h00: Team Activities

- Speaker
- Video Clips
- Performances – Music & Singing



Thursday



Functional:

- 07h30: **Breakfast**
- 10h00: **Tea Break**
- 13h00: **Lunch**
- 17h00: **Free Time/Preparation**
- 18h00: **Dinner**
- 22h30: **Lights Out**



08h30: Theoretical Learning

- Review of previous session
- How do I get there?
- Snakes and Ladders
- Examples



10h30: Theoretical Learning

- Review of previous session
- Mentorship
- Examples



14h00: Recreational Learning

- Team activities:
- Soccer/Netball/Basketball
- Adventure Activities
- Leadership exercises



19h00: Team Activities

- Speaker
- Video Clips
- Performances – Music & Singing



Friday

Functional:

- 07h30: **Breakfast**
- 10h00: **Tea Break**
- 13h00: **Lunch**
- 14h00: **Collections**

08h30: Theoretical Learning

- Review of previous session
- Recap
- What have I really learned

• Fitting into Friendship

10h30: Theoretical Learning

- Review of previous session
- The Big Picture
- Perspective
- Presentations
- Certificates

