

# let's go!

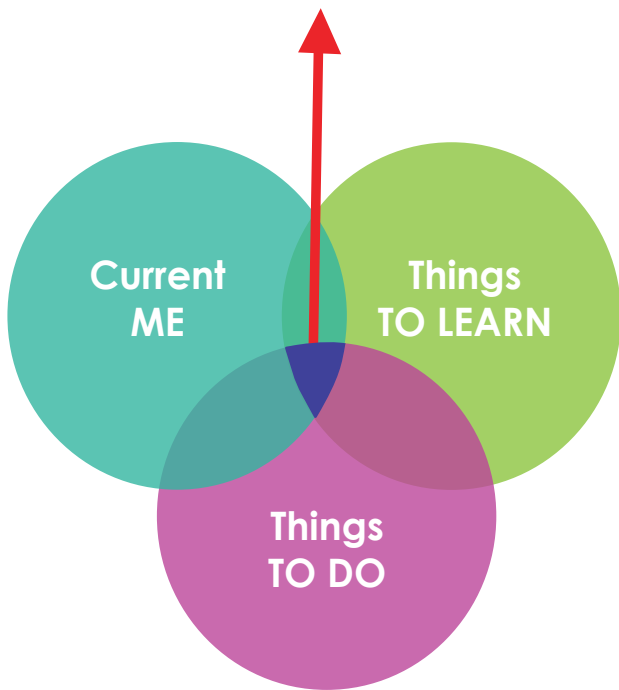
write the book you want to read

## 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

**READY. SET. AWESOMENESS.**

**WE CREATE CHANGE CAPACITY  
B-BBEE LEVEL 2**

### DESIGNED FOR



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

### HOW WILL YOU GROW?



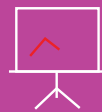
Know and understand yourself better  
Develop personal leadership as a life skill  
Develop your personal brand  
Know your life purpose  
Have fun, learn and discover  
Make new friends  
Be a new, better you

### 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



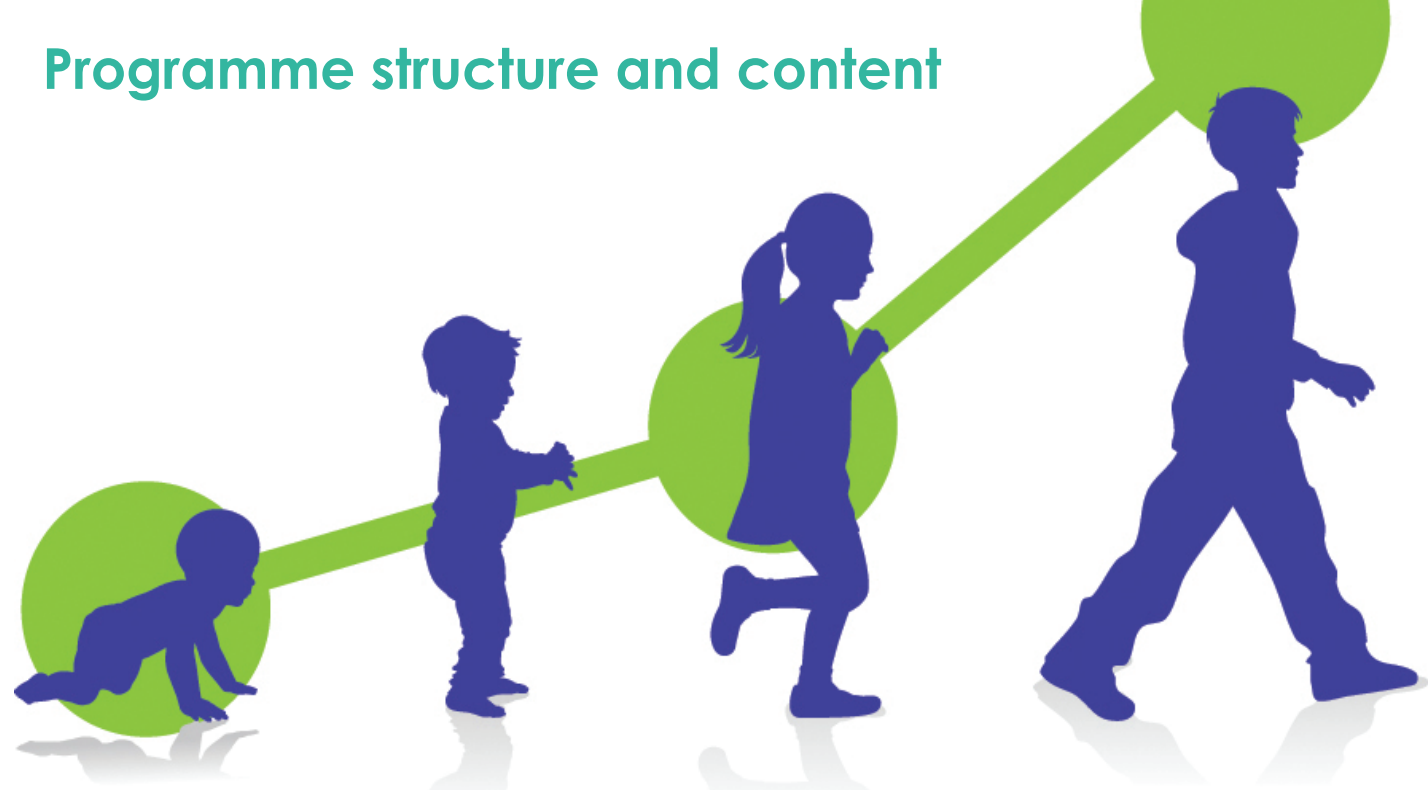
Duration: Four consecutive contact days  
Venue: In-house at venue of client's choice  
Group size: 30 participants

### 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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