

DISCOVER YOURSELF

Seminar Report

Cititel Mid Valley Kuala Lumpur
11 Dec 2010

- ONE day program (8 hours)
 - Program materials
- Interactive with video and group work
 - Fun and games
 - Hands on exercise &
 - REAL life examples!
- You will be transformed!

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DISCOVER YOURSELF PROGRAM REPORT

The following report is based on the feedback obtained from participants of Discover Yourself Seminar (DYS) that was held on 11 December 2010 at Cititel Mid Valley Kuala Lumpur.

Participants of DYS were university and college students

- who had previously attended the Real 5 Tips Program or Real Graduates Training conducted by Real Leaders Solutions (RLS), and also
- those who were sent by their Student Affairs Department.

The objective of this program is to provide training to participants on soft skills and leadership skills based on the 4 pillars of leadership; Relationship, Equipping, Attitude and Leadership.

The trainers for DYS were the founders of RLS; Encik Amirul Iskandar bin Mannan and Puan Elin Arjuna binti Mohd Arip who have been training students since 2002. They are qualified trainers, motivators and public speakers as well as authors of the book, 'Passion2Income ~ Turn Your Passion Into Income'.

Participants were trained in the following key areas;

1. Relationship

- DISCOVER Yourself ~ Participants took the personality test to identify their personalities and discover their strength and weaknesses.
- Participants were also taught the basics of body language and personal grooming especially during interview sessions.

2. Equipping

- DISCOVER how to build a winning team through the B.U.L.A.T. principle.
- Perform a leadership challenge as a group.

3. Attitude

- Learn from the lessons of the Go Getter through the 'Pasu Biru' experience.

4. Leadership

- DISCOVER the 5 golden rules of leadership & how they can apply it to become a winner and GUARANTEE success in their life.

Overall the program was a success based on the feedback from all the participants.

PHOTO ALBUM

Registration



Introduction & Ice breaking



Personal Grooming Workshop



Body Language Segment



Training Session



Group work



Participants of DYS.



Feedback Session.

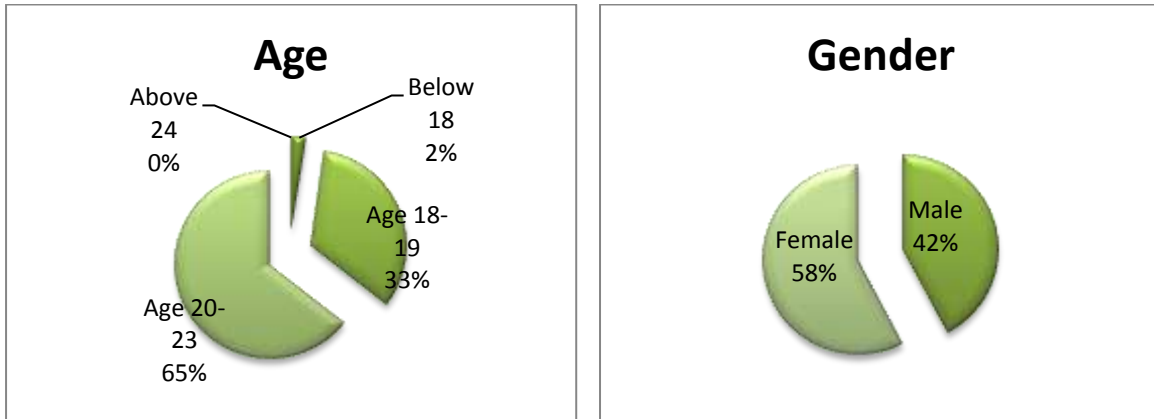
Listen to what they say at
<http://www.youtube.com/user/realleadersdotnet>

See more pictures at
<http://www.flickr.com/photos/realleaders/>

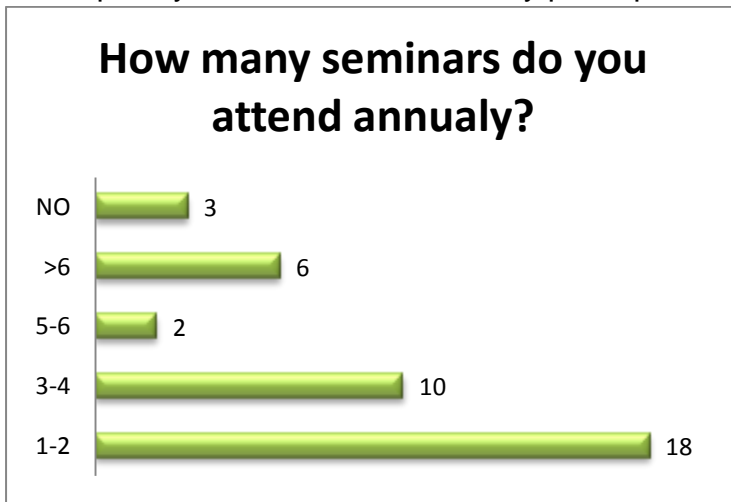


SECTION 1: DELEGATE INFORMATION

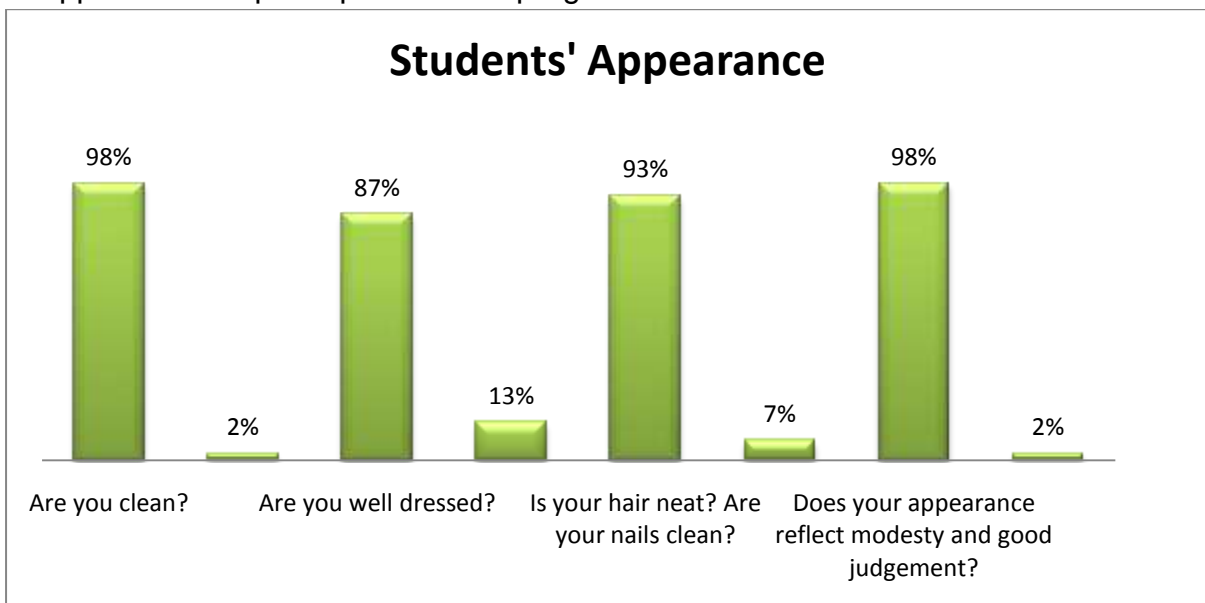
1. Breakdown of age and gender of participants:



2. Frequency of seminars attended by participants:

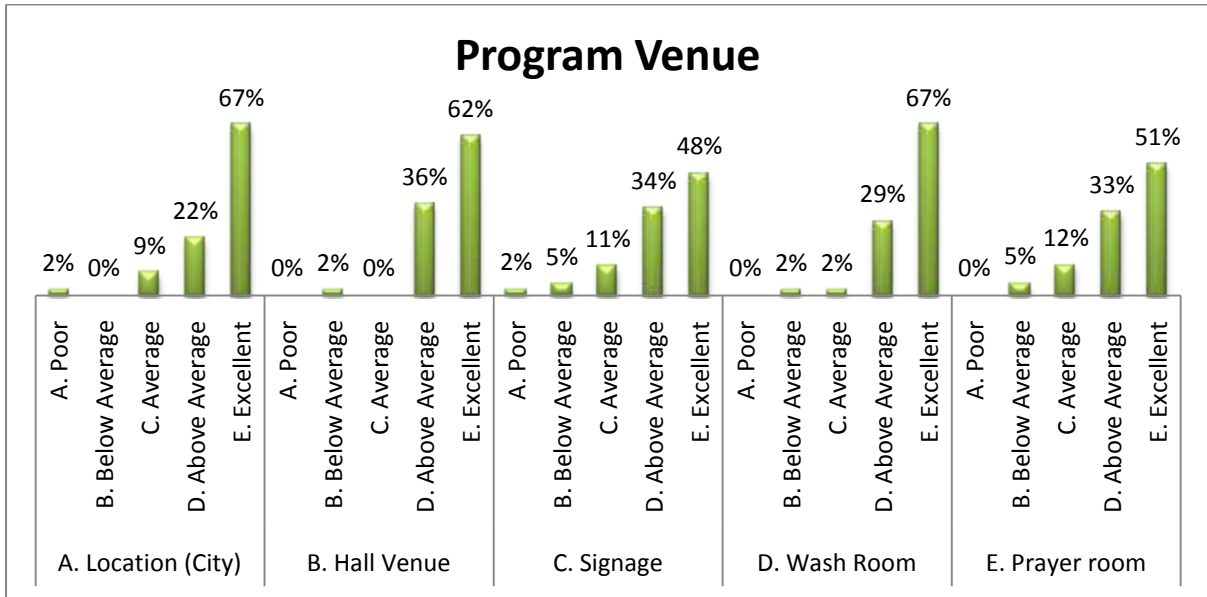


3. Appearance of participants at the program:

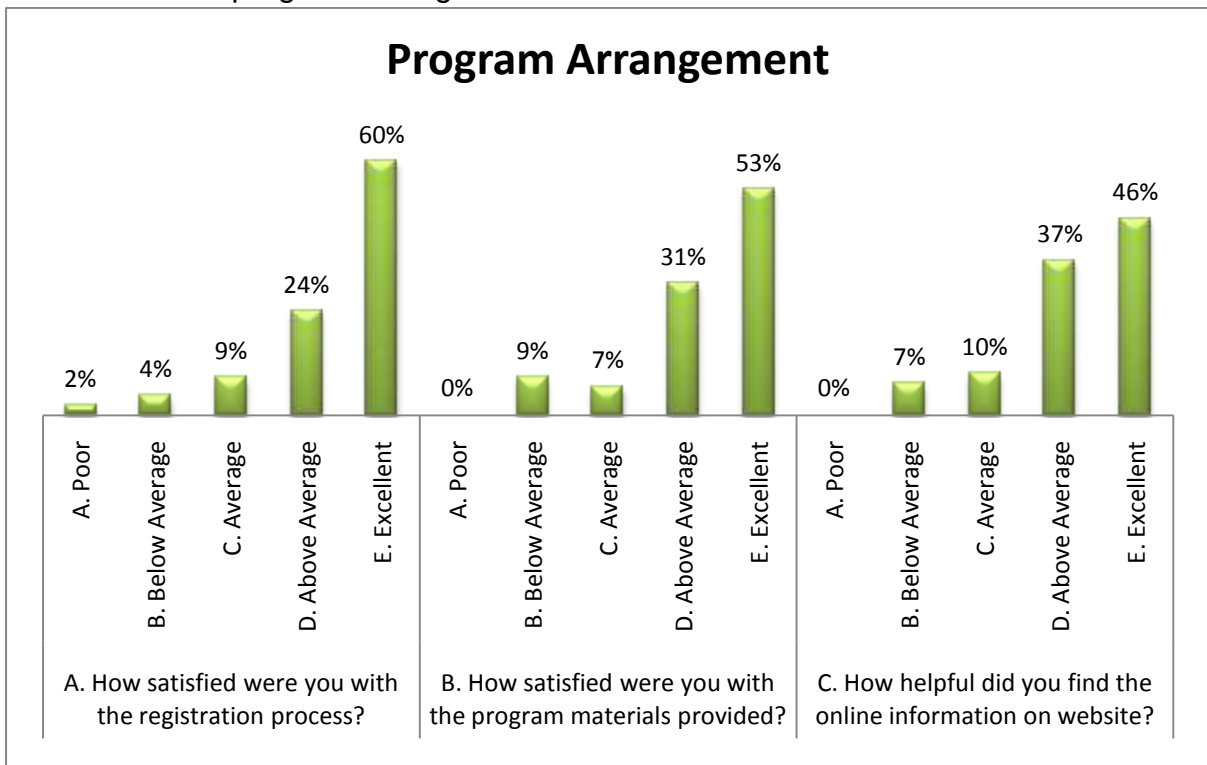


SECTION 2: PROGRAM VENUE & ARRANGEMENT

1. Feedback on program venue:

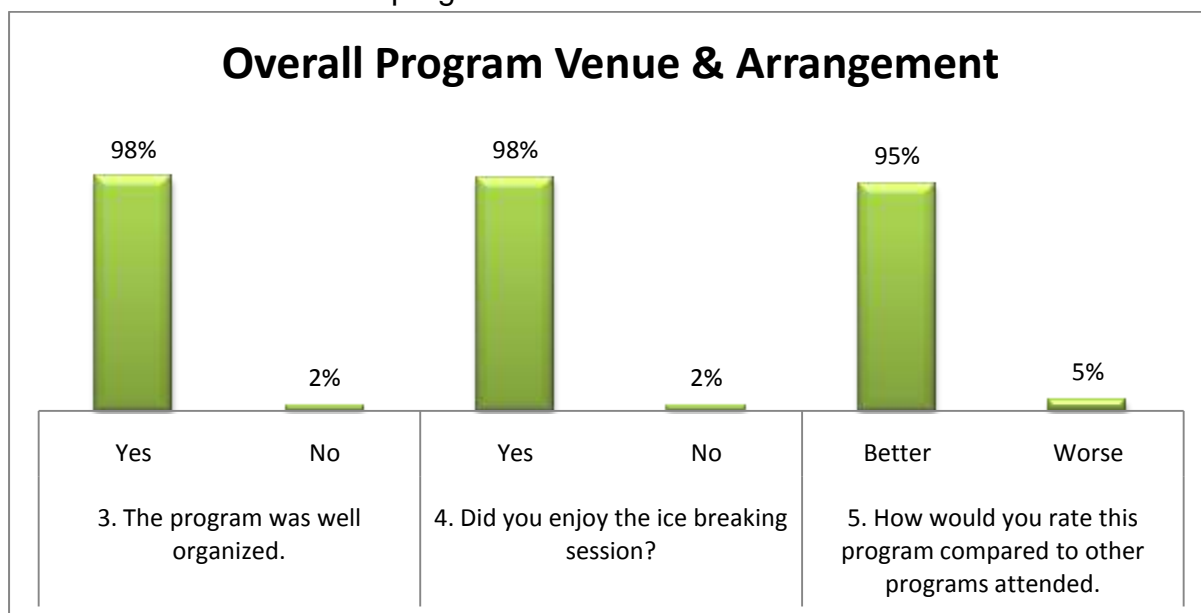


2. Feedback on program arrangement and materials:



Overall the feedback for the program venue and arrangement was either **above average or excellent**.

3. Feedback on the overall program:



98% of participants felt that the program was well organized and that the ice breaking session was enjoyable. **95% of the participants rated the DYS as a better program when compared to other programs that they have attended before.**

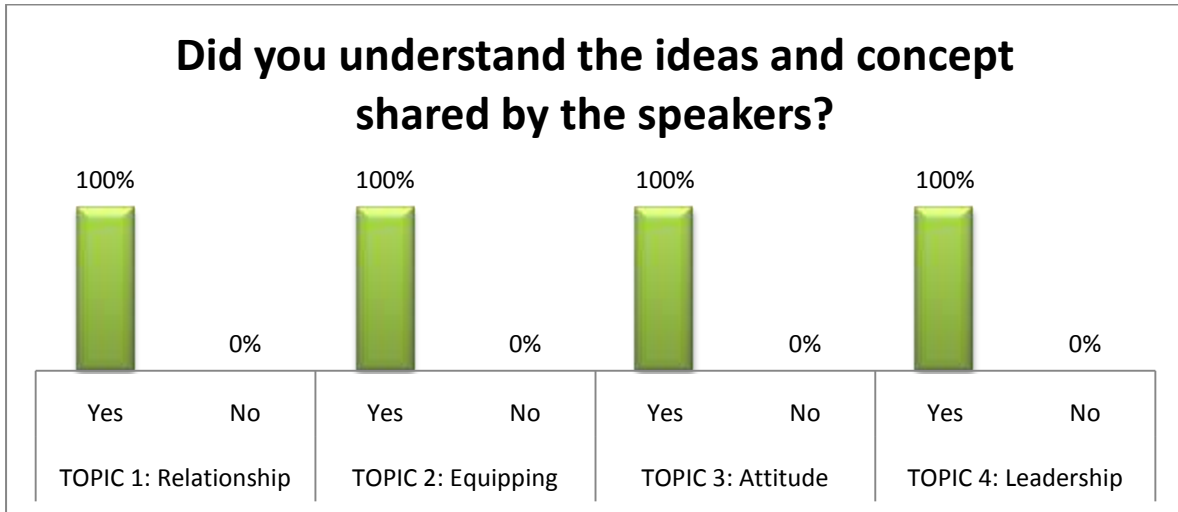
4. What did you like best about the program and why? (no editing)

- **The program makes me polish my ability to be a leader based on something that I do not aspect. That makes the program different from others.**
- *Interesting and not boring. Give me much useful knowledge.*
- *Best code practice.*
- *Latihan dalam kumpulan seperti eye contact training. It helps build relationship and confident.*
- **Something that I have never learn before and it create my awareness just like "How you do anything is how you do everything".**
- *Semuanya kerana ia menambahkan ilmu kepada saya dan menjadikan saya untuk lebih berusaha.*
- **R.E.A.L LEADERSHIP**
- *All because the program can improve my attitude and I can change now.*
- **The content. I feel better and not easily give up.**
- *I don't feel sleepy.*
- *To discover myself.*
- *Pasu biru. It gives us motivation to work harder.*
- *Both speakers are friendly. Therefore, there will be no problem to communicate with them.*
- *Know more friends.*

- ***The content and knowledge of all session because it's very useful to myself to improve.***
- *Personal grooming.*
- *Give a chance of great experience.*
- *Mengajar bagaimana menjadi seorang leader.*
- *Give me many experiences.*
- ***Contents and useful advice.***
- *At widely networking.*
- *Equipping/teamwork. Provide opportunity for us to enhance our teamwork and talk to unfamiliar people.*
- ***Everything because I can't find all that information in other seminars.***
- *Personality plus. Discovering our true personality, applying our strong side to overcome our weakness.*
- *Teamwork activity because it tests courageous and proving to me theoretical knowledge is not enough.*
- *About motivation material. Make me more inspired.*
- *All their sharing most meaningful and be my inspiration.*
- *Belajar benda baru dan memahami diri sendiri (keperluan diri) serta persediaan untuk pergi temuduga.*
- ***Confident. Bravo! Good interaction with other students.***
- *Story you shared.*

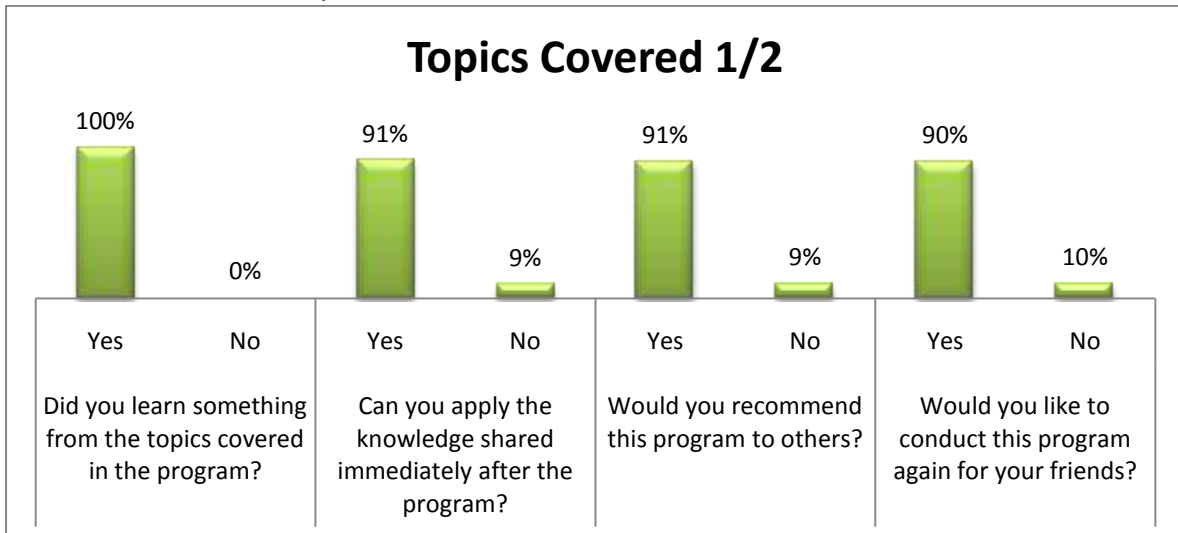
SECTION 3: SPEAKERS AND TOPICS

1. Feedback on the topics presented at the program:

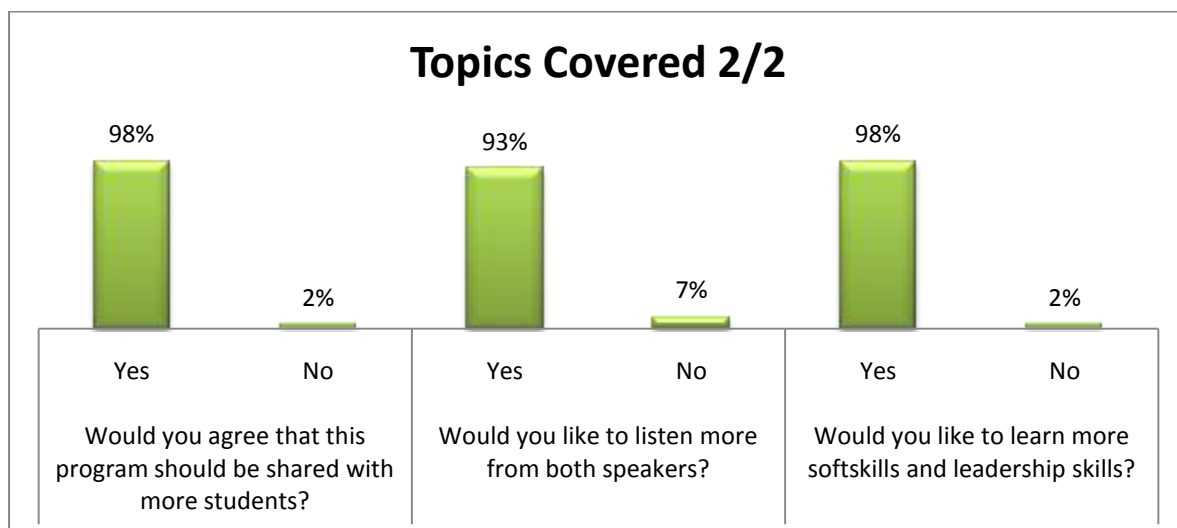


100% of the participants agreed that all the topics were well presented by the speakers and that all the ideas and concept were understood

2. Evaluation on the topics covered:



All the participants agreed that DYS had taught them something and 91% says that the lessons can be applied immediately in their lives and would recommend DYS pto others. 90% suggest that DYS be conducted for their friends.



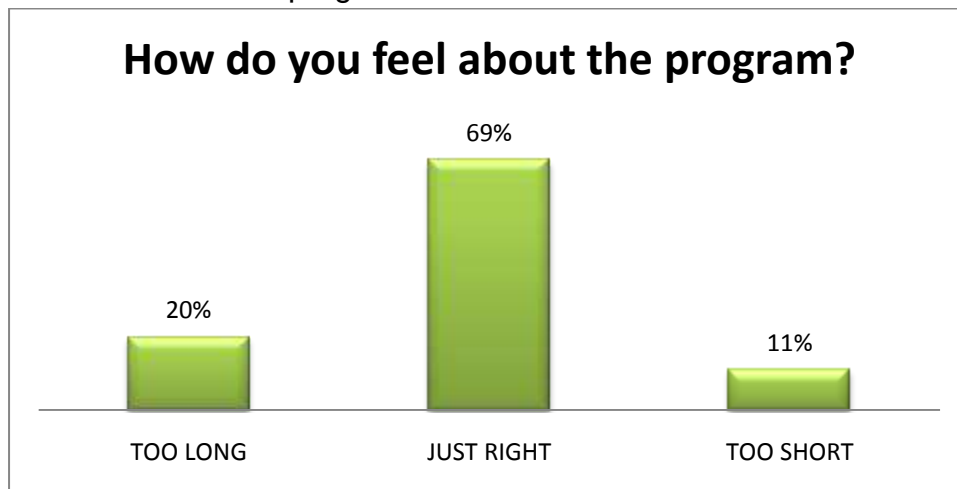
98% of the participants strongly feel that more students should be exposed to the DYS program and 98% states that they would love the opportunity to learn more on soft skills and leadership skills. 93% would like to listen more from both Amirul and Elin (the speakers).

3. Feedback on future topics that participants would like to learn in the future:

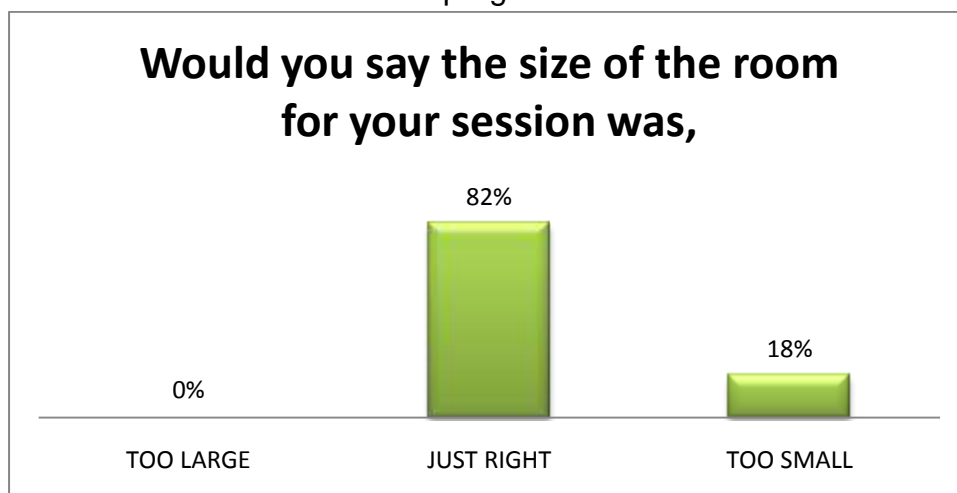


SECTION 4: OVERALL COORDINATION AND ORGANISATION

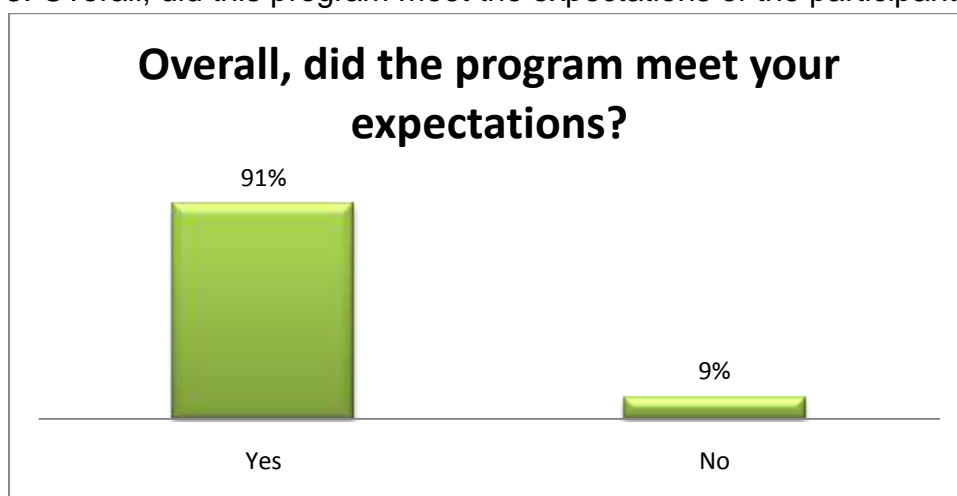
1. Feedback on the program duration:



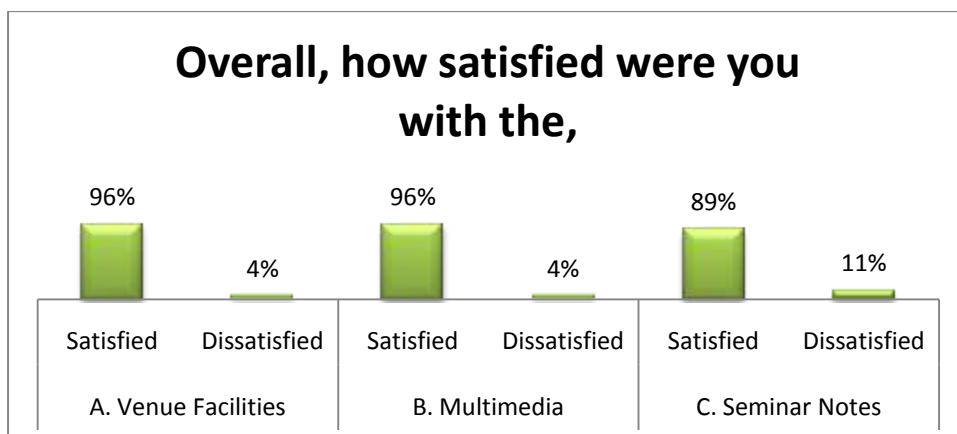
2. Feedback on the size of the program:



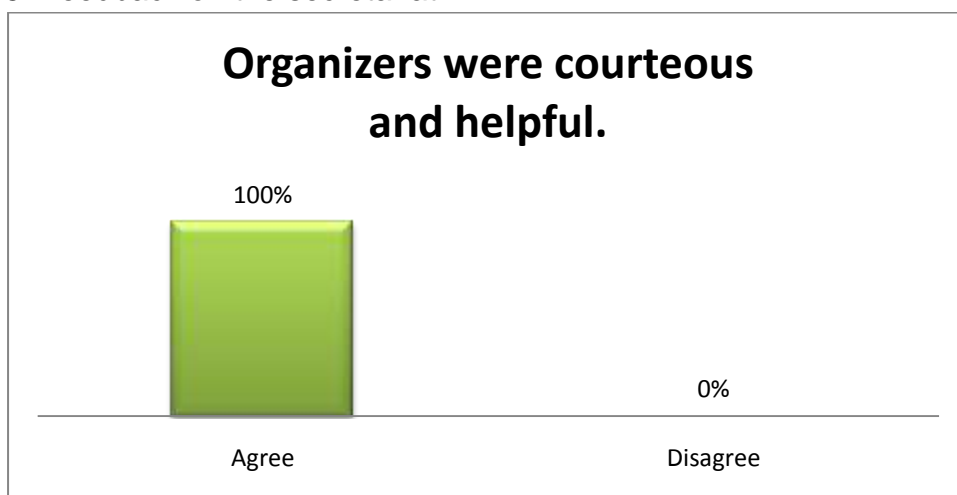
3. Overall, did this program meet the expectations of the participants?



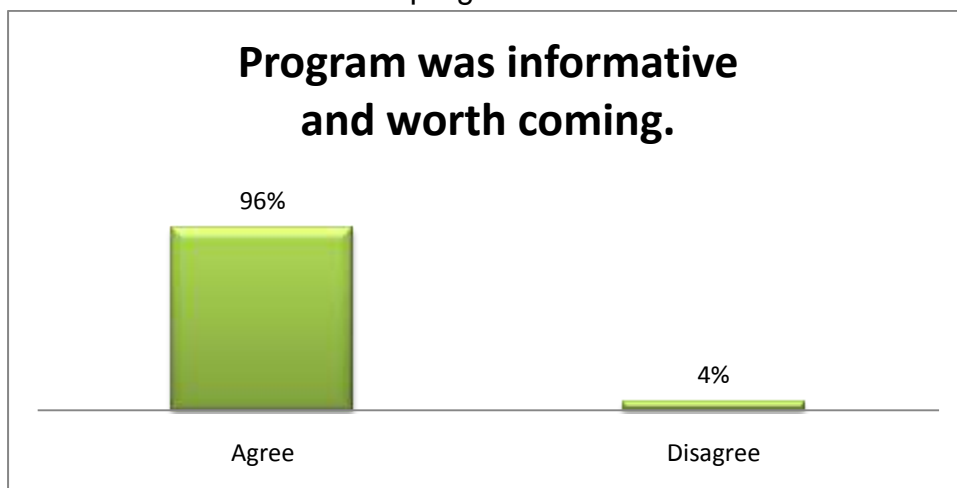
4. Feedback on the overall satisfaction of venue facilities, multimedia presentations and seminar notes:



5. Feedback on the secretariat:



6. Feedback on whether the program was informative and worth coming:



96% of the participants agreed that the DYS program was informative and worth coming.

7. Please tell us your favourite session and why? (no editing)

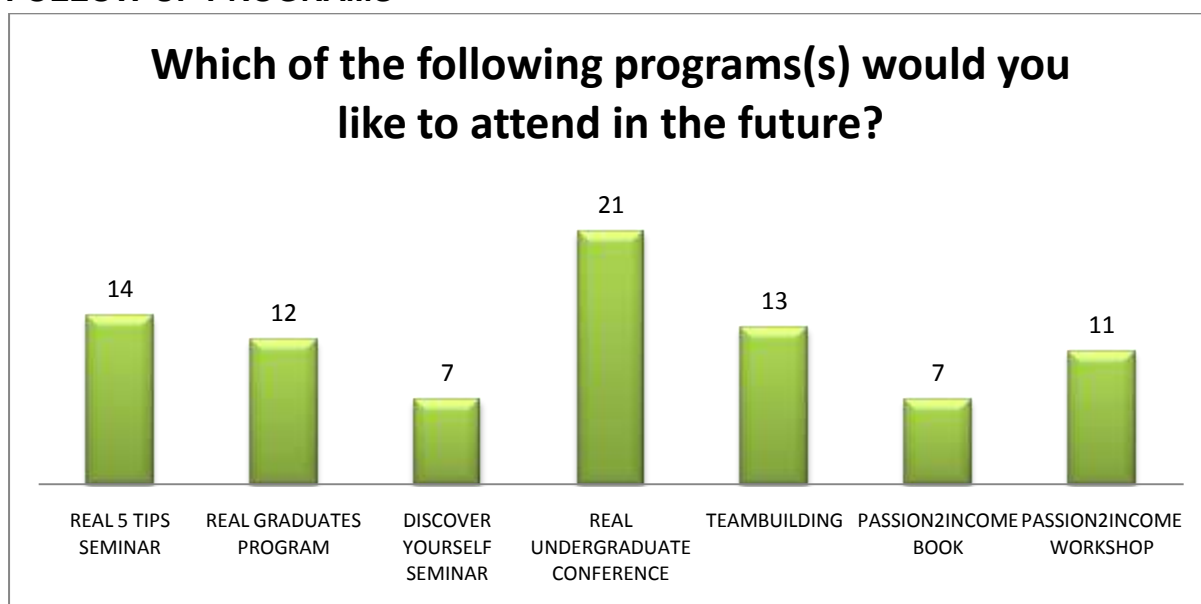
- **Pasu biru. Nothing is impossible.**
- *My favourite session is when doing task and being expose how to be a leader.*
- *Sesi characteristic.*
- *Leadership, because that is what I want. I want to become a good leader.*
- *Attitude session because it gives me solution to solve that problem.*
- *R.E.A.L LEADERSHIP because it can help me become a good leader.*
- *Relationship, personality test, attitude, pasu biru.*
- *Equipping.*
- **Personal grooming because now I know my appearance and how to improve it.**
- *Pasu biru. Motivate me a lot.*
- *Personal grooming.*
- *Pasu biru kerana ia memberi rangsangan lebih berusaha.*
- *Personality plus. I can know my strength and weakness.*
- *Relationship session. Now I know more about personal grooming, I know my personality, how to read people on body language.*
- **The interview part, it's very informative.**
- *Leadership because it makes more excited to be a leader.*
- *Pasu biru.*
- *Speakers share on real experiences (holding conference), blue case.*
- *The leadership. This is because is motivated me to be a better person and it inspired me a lot in life.*
- **The whole session of relationship. This is the first seminar I attended where personal grooming is involved. It's different from other seminars.**
- *Leadership session.*
- *Assignment sessions.*
- *Pasu biru-bab cerita mengenai ketabahan dan keberanian.*
- *Personality plus. This is because I can learn more about other people personalities.*
- *Personality plus.*
- *Relationship, teamwork, attitude, leadership.*
- **Relationship because this is my first time knew it.**
- *Equipping, teamwork. Applicable to my team.*
- *All of them especially ice breaking.*
- *Pasu biru. I can get some motivation.*
- *Pasu biru, more point there. A lot of meaning.*
- **Pasu biru kerana meningkatkan keyakinan diri dan berani ambil risiko.**
- *Personal grooming helps to understand how interview will go.*
- *Pasu biru.It makes me say to myself "Aku akan berubah,aku akan buat"*

SUMMARY

Overall the DYS which was organized by RLS was able to achieve the objective to equipped participants with the skills and knowledge for them to upgrade themselves to become better people and better leaders. It is hoped that the participants will be able to use the skills learned to increase their prospect and marketability in the employment race. **This fact is supported by 96% of the participants agreeing that the program was informative and worth coming.**

TOPICS COVERED	DETAILS
Topic 1: Relationship	<ul style="list-style-type: none"> • Personal Grooming • Personality Plus <ul style="list-style-type: none"> ● <u>Melancholy</u> ● <u>Sanguine</u> ● <u>Phlegmatic</u> ● <u>Choleric</u> • Body Language
Topic 2: Equipping/ Teamwork	Learn how to create a WINNING team using the B.U.L.A.T. principles.
Topic 3: Attitude	Learn from the 'Pasu Biru' story & develop a positive attitude at all times.
Topic 4: Leadership	Learn the 5 Golden Rules to develop your leadership.

FOLLOW UP PROGRAMS



Prepared by Real Leaders Solutions
31 December 2010