

DISCOVER YOURSELF

Seminar Report

Cititel Mid Valley Kuala Lumpur
25 June 2011

- 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 SEMINAR REPORT

The following report is based on the feedback obtained from participants of Discover Yourself Seminar (DYS) that was held on 25th June 2011 at Cititel Mid Valley Kuala Lumpur.

Participants of DYS were university and college students

- who had previously attended the Real Undergraduate Conference (RUC), Real 5 Tips Seminar or Real Graduates Training conducted by Real Leaders Solutions (RLS), and also
- Those who were sent by their Student Affairs Department by invitation from RLS.

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



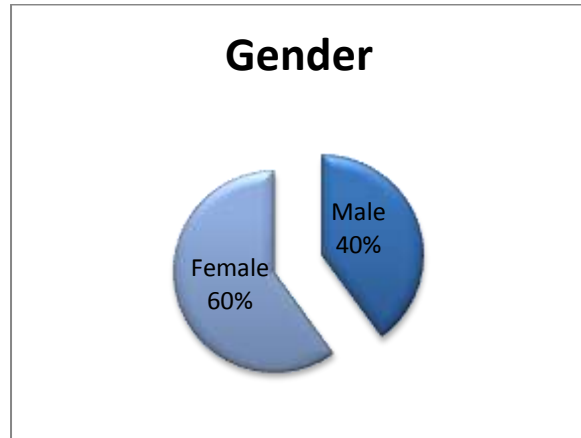
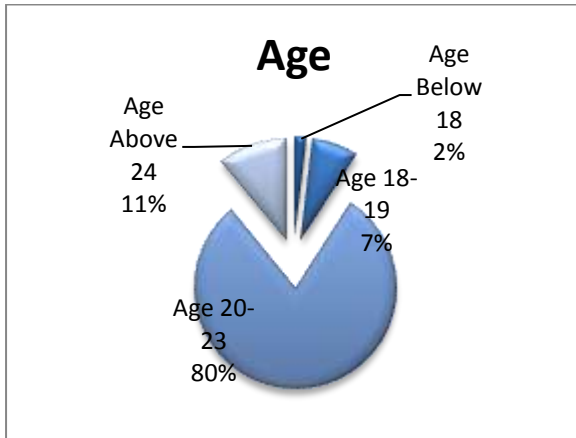
Personal Grooming Workshop



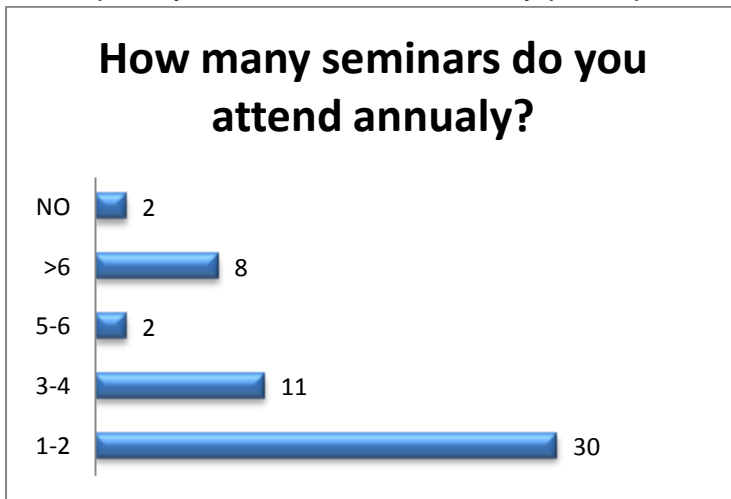
| | |
|---|---|
| Body Language Segment |  |
| Training Session |  |
| Group work |   |
| Feedback Session. Listen to what they have to say at http://www.youtube.com/user/realleadersdotnet See more pictures at http://www.flickr.com/photos/realleaders/ | |

SECTION 1: DELEGATE INFORMATION

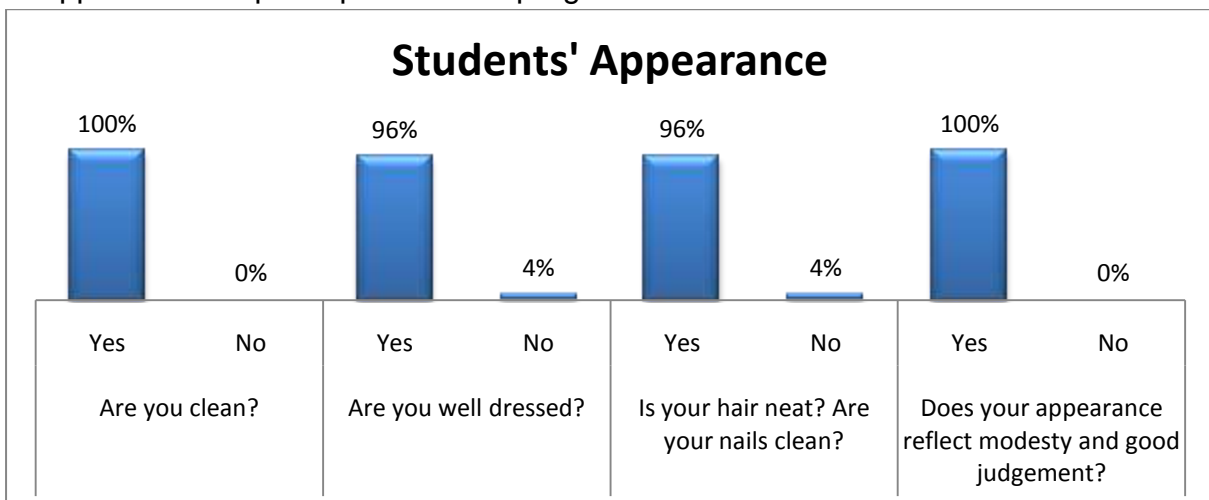
1. Breakdown of age and gender of participants:



2. Frequency of seminars attended by participants:

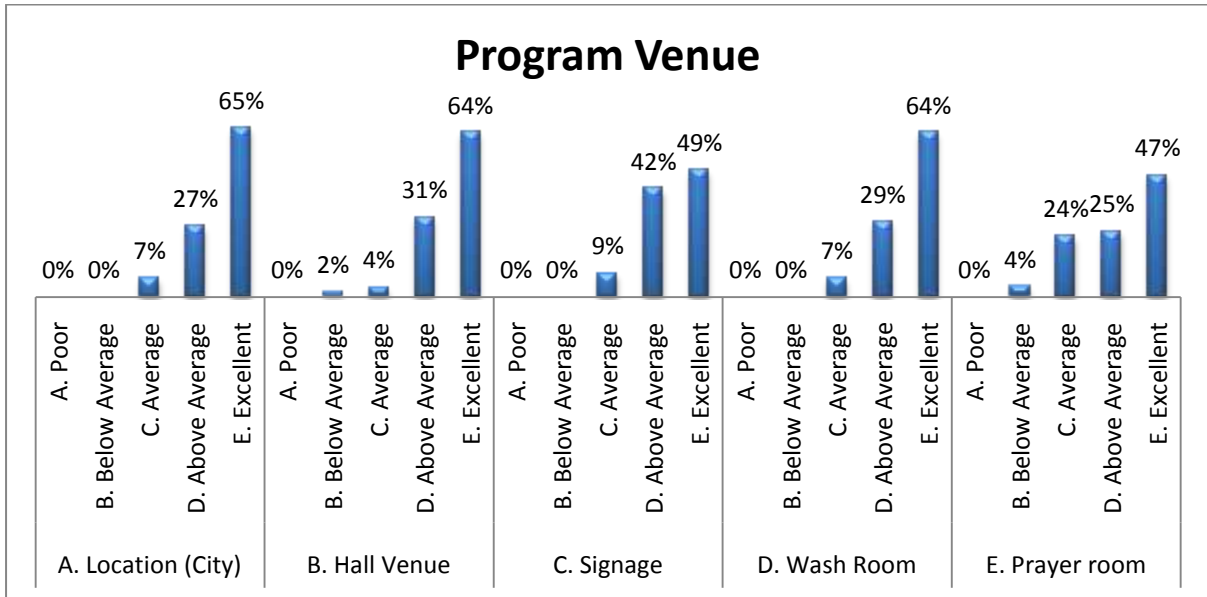


3. Appearance of participants at the program:

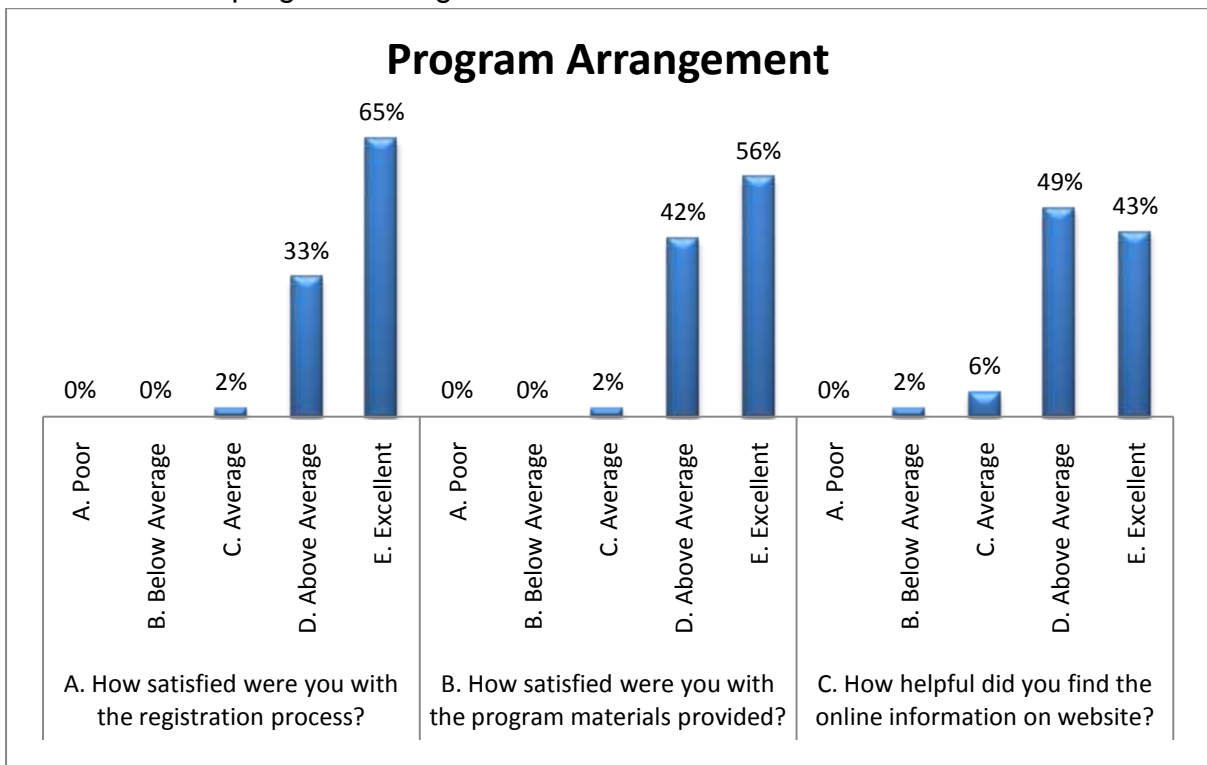


SECTION 2: PROGRAM VENUE & ARRANGEMENT

1. Feedback on program venue:

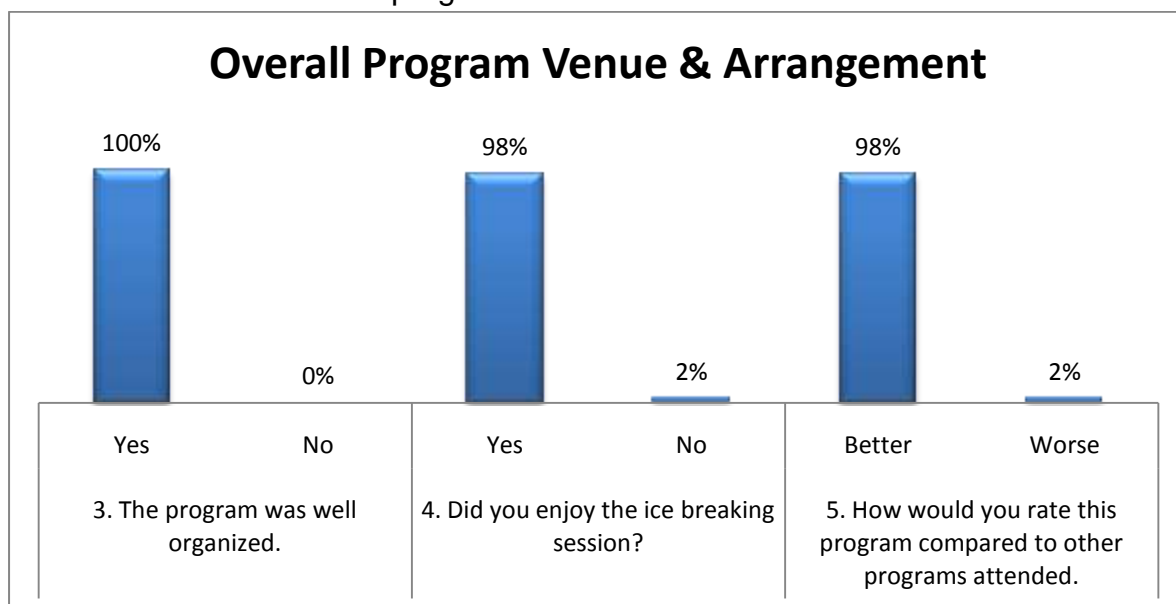


2. Feedback on program arrangement and materials:



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

3. Feedback on the overall program:



100% of participants felt that the program was well organized and 98% of participants felt that the ice breaking session was enjoyable. 98% 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)

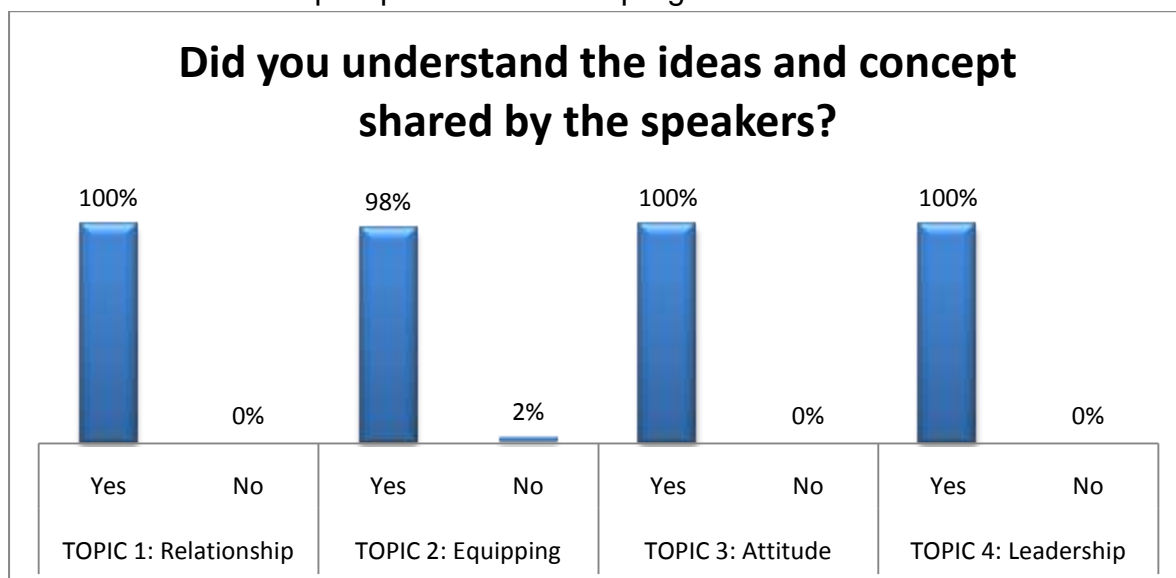
- ***This program is actually the best that I ever attended ~ Shahrul Adam Bin Soelar, UiTM Shah Alam***
- *The input and knowledge ~ Hashimah Bt Mat Sham, Universiti Malaysia Sabah*
- *Gain knowledge and got many experienced. Pasu biru, gives me spirit to do it better ~ Salwana Bt Zainudin, Universiti Malaysia Sabah*
- *Everything especially pasu biru because it can show me great thing that can help me change my attitude ~ Mohamad Izzuddin Bin Ramle, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- *Pasu biru dan Team Bulat because I can upgrade myself to new level of my life ~ Shahairul Bin Sairi, Universiti Malaya*
- ***I get motivated! I never experienced this kind of seminar before ~ Hamzah Bin Bakar, UiTM Shah Alam***
- *Most of the program encourage me to be success in my life but in a real leader, it's for myself and also for others ~ Mohd Rahmat Bin Bahaudin, UiTM Shah Alam*
- *Good motivation program and thought me to how to be a leader ~ Vasant A/L Chuan, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Leadership, I can learn to be a leader ~ Lee Siow Wei, Universiti Malaya*
- *Give me passion and input me business minded ~ Muhamad Asrul Mohd Salim, Universiti Malaya*

- **Seminar yang sangat bagus kerana ia dapat mengenal pasti kekuatan dan kelemahan diri serta cara bagi overcome kelemahan diri ~ Mohamad Fathurrahman Bin Yahaya, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- *Pasu biru story. It motivated me ~ Tang Kuan Shuen, Universiti Malaya*
- *Pasu biru is the best part ~ Noor Manisah Bt Sulaiman, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Body language because it thought me how to do interview the right way ~ Roshamiza Bt Roslan, Universiti Malaysia Sabah*
- *I love the way they deliver the knowledge to us. It makes me easily to understand the main objectives ~ Megat Ridwan Bin Megat Adnan, UiTM Shah Alam*
- *Personal grooming ~ Norfatimah Bt Mohd Yunus, Universiti Malaysia Sabah*
- **I love all sessions because it's great! ~ Sri Reena A/P Phan, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- *Pasu biru because it's very touching and encouraging story ~ Goh Hwei Cheak, Universiti Malaya*
- *Pasu biru thought me to face challenges ~ Jasmin Kaur A/P Sarjit Singh, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Attitude ~ Umu Salmah Bt Othman, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- **Great presenters from En. Amirul and Pn.Elin ~ Norain Ramli @ Said, Universiti Malaysia Sabah**
- *Pasu biru kerana memberi motivasi pada diri ~ Nurul Akmal Bt Saharil, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- *Seminar ini memberi keyakinan pada saya dan saya dapat mengenali diri saya dengan lebih mendalam ~ Faezah Bt Othman, Universiti Malaysia Sabah*
- *Pasu biru, BULAT, Real Leadership ~ Mohd Sulaiman Bin Mohd Jinal, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- **I gained lots of input and I love the way presenters present ~ Ashyfh Bt Abdul Hamid, Universiti Malaya**
- *Motivated me ~ Fatimah Azzahra Omar, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- *This seminar is great because all sessions is suitable for all participants ~ Muhammad Faizi Bin Mat Nor, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- *Dapat mengenali diri sendiri dan saya dapat memperbaiki diri ~ Norharrina Bt Sharbini, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Cheerful and full of spirit ~ Nurul Hanis Efariena Bt Mat Yaacob, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Grooming because it's most important for ungrads when looking for a job ~ Elaine Ang, Universiti Malaya*
- **Passionate ~ Nurul Aisyah Bt Pauzan, Politeknik Tuanku Sultanah Bahiyah (PTSB)**

- **Pasu biru kerana ia membuatkan saya terfikirkan bahawa banyak kelemahan dalam diri yang perlu diperbaiki dan perlu yakin dan lebih berusaha ~ Nurul Hanani Bt Saiful Amin, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- **Banyak perkara yang diajar ~ Siti Sabariyah Bt Mohd Yusoff, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- **Pasu biru because the story can help me improve myself ~ Nur Khairunnisya Bt Zulfakkar, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- **So many input and it suitable with my level ~ Kamarul Zaman Bin Zainan, UiTM Shah Alam**
- **Very good and very interesting seminar. It's awesome! ~ Nuruklili Fatin Bt Mat Jilani, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- **Pasu biru sebab ianya sangat motivasi ~ Mohd Hakimi Safian Bin Mustapha, Universiti Malaya**
- **The different style of handling the seminar ~ Norhuda Bt Aziz, Universiti Malaya**
- **Pasu biru, it gives me inspirations ~ Muhammad Fahmi Bin Hasbullah, Politeknik Tuanku Sultanah Bahiyah (PTSB)**
- **The sharing from true experience ~ Muhamad Fadzli Bin Mohamed Hussain, UiTM Shah Alam**

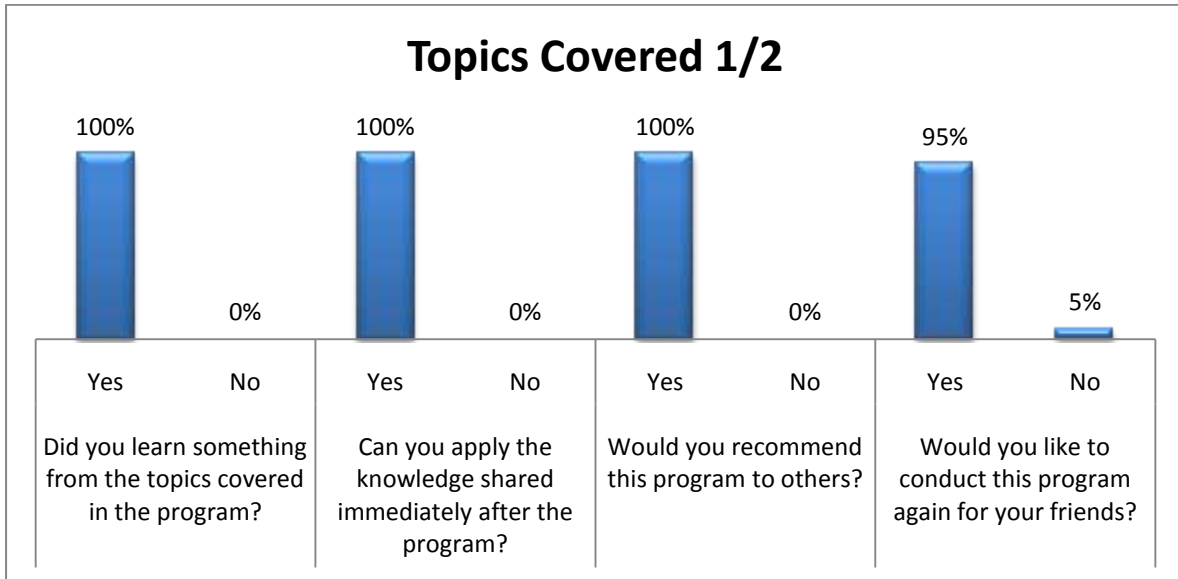
SECTION 3: SPEAKERS AND TOPICS

1. Feedback on the topics presented at the program:

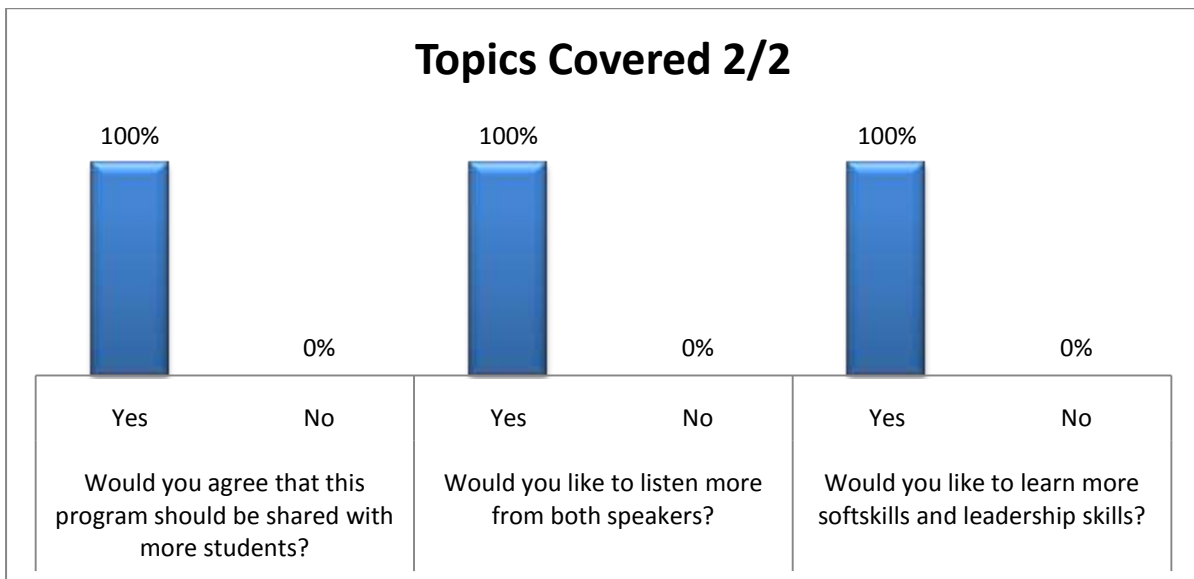


All the participants agreed that all the topics were well presented by the speakers and that all the ideas and concept were understood.

2. Evaluation on the topics covered:



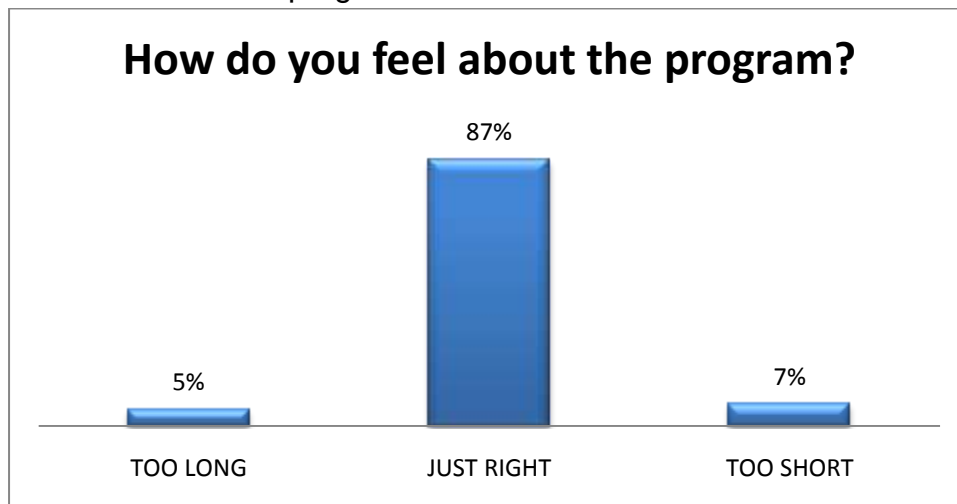
All participants agreed that DYS had taught them something and said that the lessons can be applied immediately in their lives and would recommend DYS to others. 95% of the participants suggest that DYS be conducted for their friends.



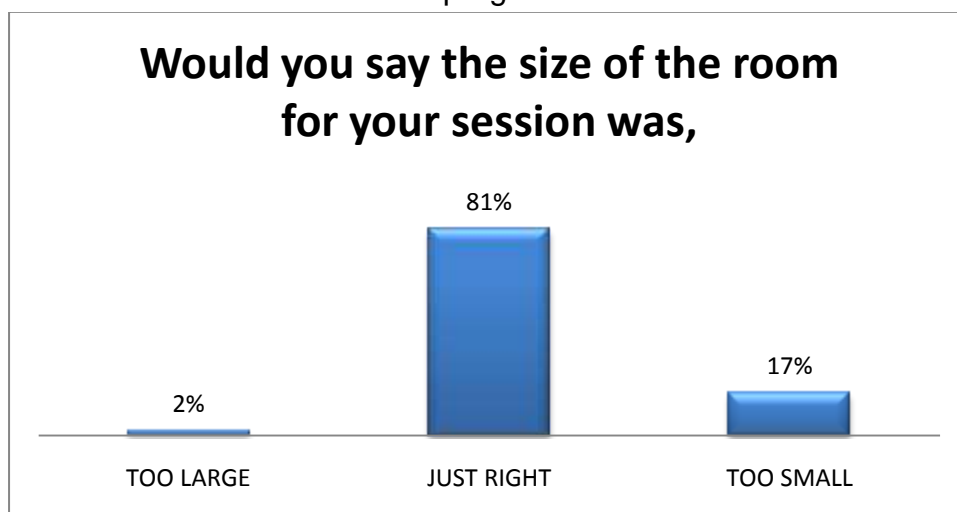
All of the participants strongly feel that more students should be exposed to the DYS program and stated that they would love the opportunity to learn more on soft skills and leadership skills. Also all of them would like to listen more from both Amirul and Elin (the speakers).

SECTION 4: OVERALL COORDINATION AND ORGANISATION

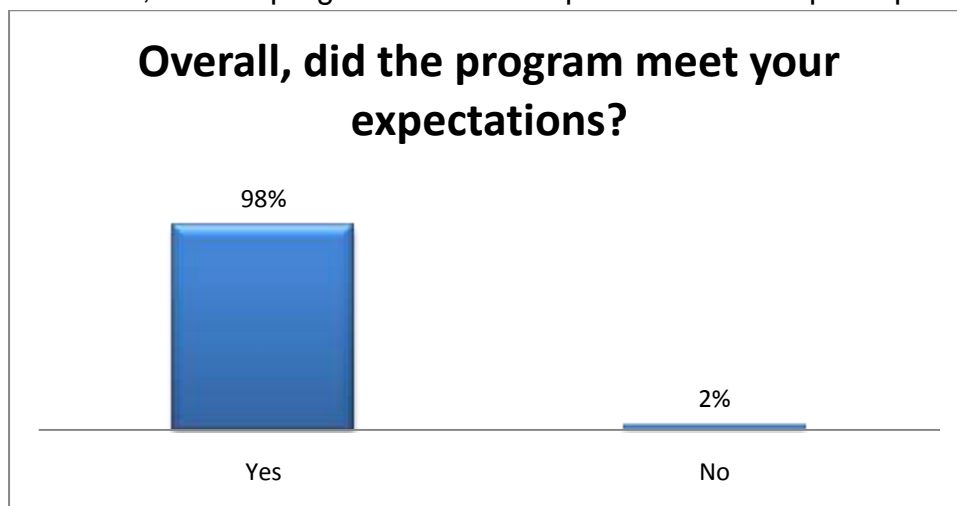
1. Feedback on the program duration:



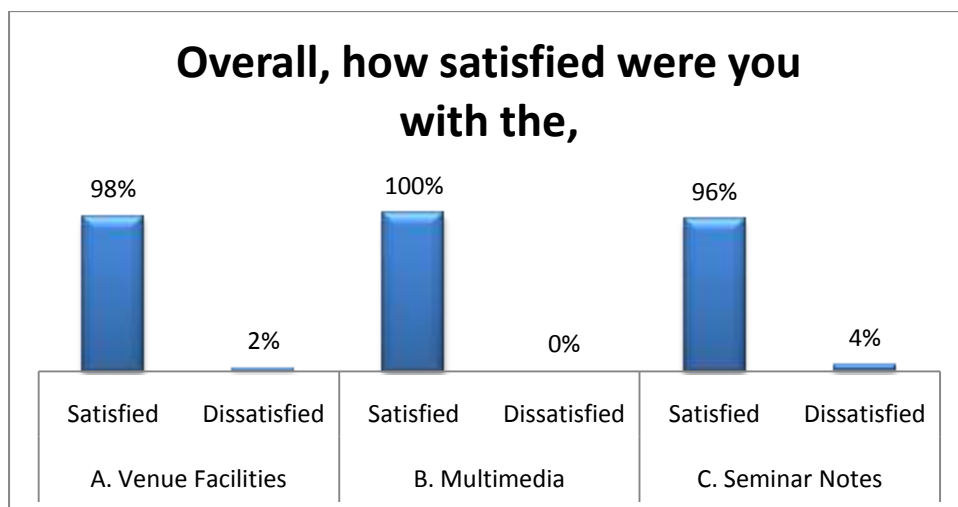
2. Feedback on the size of the program:



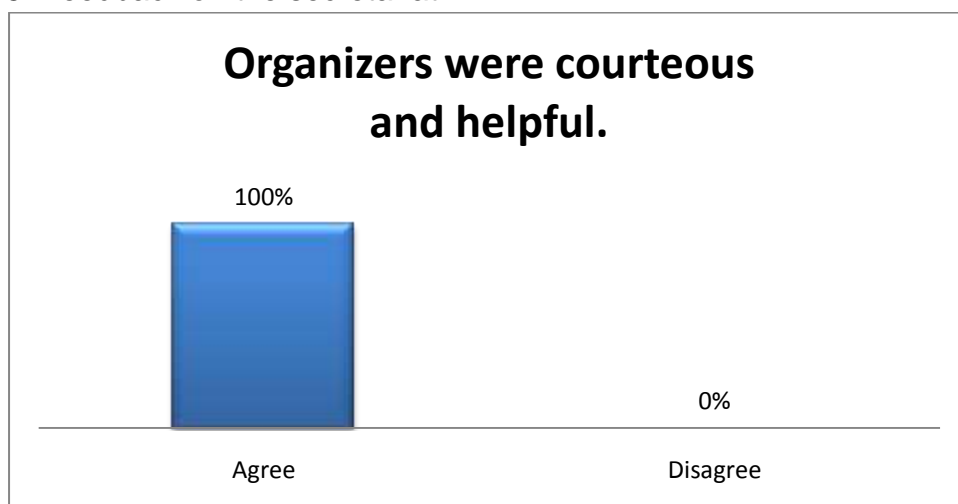
3. Overall, did this program meet the expectations of the participants?



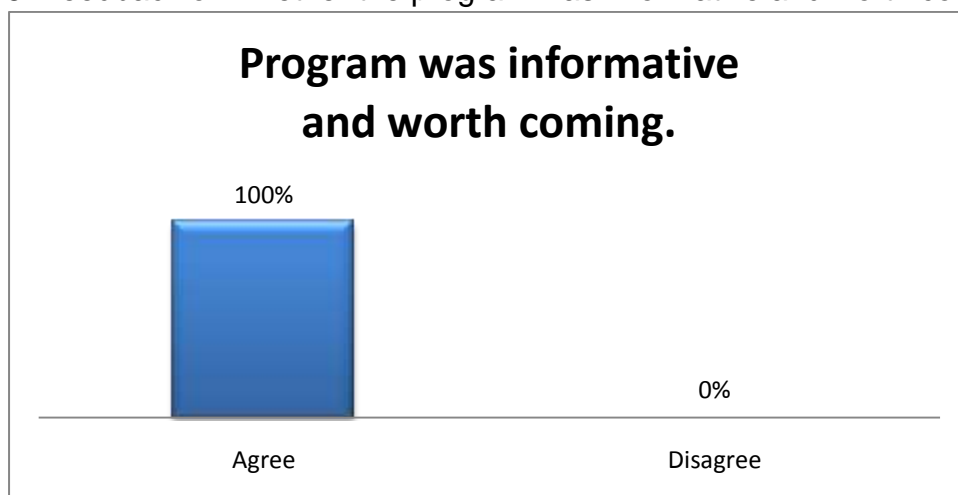
4. Feedback on the overall satisfaction of venue facilities, multimedia presentations and seminar notes:



5. Feedback on the secretariat:



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



100% 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 ~ Hashimah Bt Mat Sham, Universiti Malaysia Sabah (UMS)*
- *Personality plus because I can improve myself ~ Shahairul Bin Sairi, Universiti Malaya (UM)*
- *Pasu biru because it has great story ~ Mohamad Izzuddin Bin Ramle, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- ***Teamwork because they thought me how to communicate with people very well and it helped me improve my confident level ~ Shahrul Adam Bin Soelar, UiTM Shah Alam***
- *Pasu biru ~ Nurul Asilah Bt Pauzan, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Attitudes - Pasu biru. Thought me to be a positive thinker ~ Lee Siow Wei, Universiti Malaya (UM)*
- *Personality test ~ Muhamad Asrul Mohd Salim, Universiti Malaya (UM)*
- ***Team assignment. Some information gave new experiences ~ Tang Kuan Shuen, Universiti Malaya (UM)***
- *Pasu biru kerana ia sebuah cerita menarik dan dapat memberikan sesuatu yang positif bagi individu yang terlibat ~ Mohamad Fathurrahman Bin Yahaya, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Pasu biru, feeling sad and happy at same time ~ Sri Reena A/P Phan, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Pasu biru kerana ianya memberi pengajaran yang bermakna untuk saya belajar ~ Nuratiqah Hanim Bt Mohd Nasir, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Pasu biru because there's a lot of message in that story ~ Norizwani Bt Ishak, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- ***Personality test because it make me know the type of people ~ Roshamiza Bt Roslan, Universiti Malaysia Sabah (UMS)***
- *Personality plus (relationship). It helps me understand myself ~ Megat Ridwan Bin Megat Adnan, UiTM Shah Alam*
- *Personal grooming because it helps me improve in dressing when I go to interview ~ Norfatihah Bt Mohd Yunus, Universiti Malaysia Sabah (UMS)*
- *Pasu biru, interesting sharing session ~ Ummu Habibah Bt Yahaya, Universiti Malaya (UM)*
- *Pasu biru, dapat banyak pengajaran ~ Nurul Hafizah Bt Johar, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
- *Pasu biru, BULAT and golden rules ~ Jasmin Kaur A/P Sarjit Singh, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
- *Pasu biru because it inspired me ~ Nor Naimah Bt Mohamad, Universiti Malaysia Sabah (UMS)*
- ***Given time to put make up on - it's something different that I did not see in other training that I have attended ~ Elaine Ang, Universiti Malaya (UM)***

-
- *Attitude and relationship ~ Umu Salmah Bt Othman, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
 - *Pasu biru. Buka mata kita, setiap masalah ada penyelesaian ~ Norain Ramli @ Said, Universiti Malaysia Sabah (UMS)*
 - *BULAT ~ Ashyfhah Bt Abdul Hamid, Universiti Malaya (UM)*
 - *Grooming ~ Fatimah Azzahra Omar, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
 - *Eye contact ~ Shahrulnizam Bin Adnan, Politeknik Sultan Mizan Zainal Abidin (PSMZA)*
 - *Pasu biru. Rasa keinsafan ~ Nurul Aisyah Bt Pauzan, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
 - ***Leadership assignment kerana ia mengajar bagaimana untuk jadi leader yang terbaik dalam kehidupan ~ Nurul Hanani Bt Saiful Amin, Politeknik Tuanku Sultanah Bahiyah (PTSB)***
 - *Leadership kerana saya ingin menjadi seorang leader yang baik ~ Siti Sabariyah Bt Mohd Yusoff, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
 - *BULAT because it gives me tips to be a leader ~ Nur Khairunnisya Bt Zulfakkar, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
 - ***Pasu biru, it touches and inspired to be an excellent person/leader ~ Ahmad Norhisyam Bin Hj Idris, UiTM Shah Alam***
 - *Pasu biru kerana dapat merasai diri betul bersungguh-sungguh ~ Nuruklili Fatin Bt Mat Jilani, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
 - *Pasu biru - heart to heart story telling ~ Norhuda Bt Aziz, Universiti Malaya (UM)*
 - *Team assignment and partner task ~ Muhammad Fahmi Bin Hasbullah, Politeknik Tuanku Sultanah Bahiyah (PTSB)*
 - *I like the assignment session as it test my ability ~ Muhamad Fadzli Bin Mohamed Hussain, UiTM Shah Alam*
 - *Pasu biru ~ Mohd Alif Md Aliudin, UiTM Shah Alam*
 - ***Almost all sessions ~ Kamarul Zaman Bin Zainan, UiTM Shah Alam***

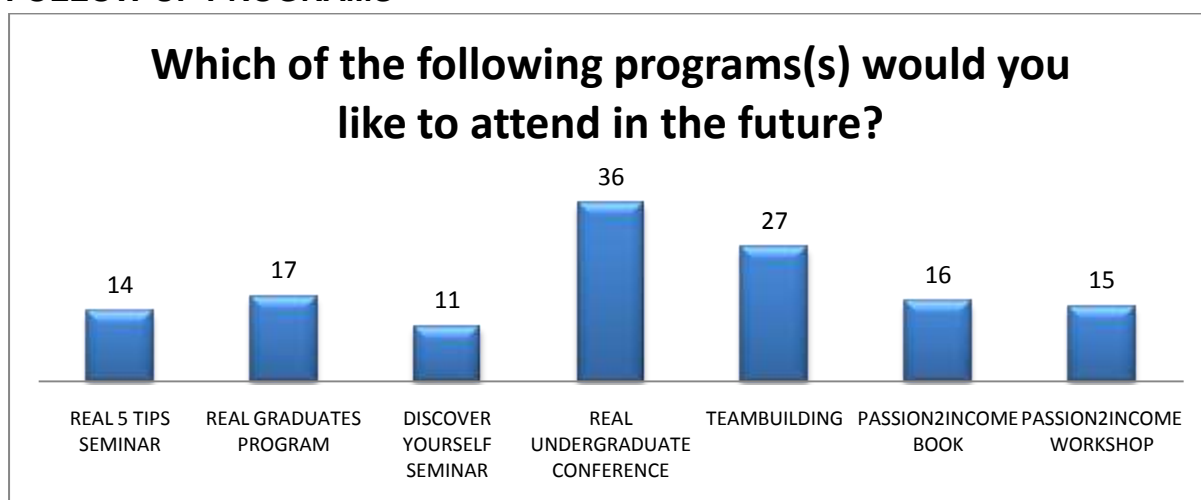
SUMMARY

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 100% 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
30 June 2011

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