



THE JUNIOR POSITIVE ACTION LEADERSHIP CAMP (J PALCAMP)

Proposed Dates: To Be Advised
Duration: 3 Days 2 Nights
Time: Friday 5.00 pm – Sunday 1.00 pm
Venue: COPE ADVENTURE
Facilitators: Fabian Fidelis and TEAM

Introduction:

Study skills, interpersonal relationships and teamwork are most pertinent assets that you can have to become successful in school as a teen. These skills can be developed by guiding your self realization and active participation, enforced with positive interaction in this camp environment.

Purpose:

The chief aim of this camp is to inculcate you (through interactive learning, games, role-playing and experiential fun activities) the importance of acquiring memory skills and study strategies while knowing yourself, your personality and developing your social interaction skills through team-building, creativity and interpersonal relationships. Throughout the sessions, you will learn core aspects of what make you tick and how you can best present yourself to others while contributing to the team. At the end of the workshop, you will hold in your hands specific skills, concepts and experiences that can will better prepare you for the challenges of school and life.

Programme:

Friday

3.00pm: Camp Check-In and Rest
5.00pm: Icebreaker Session
6.30pm: Dinner
7.30pm: **SESSION 1: Getting To Know Me Better**
10.20pm: Feedback Chat
10.30pm: Lights out and good night

Saturday

6.30am: Rise and Shine
7.00am: Morning Exercise

7.30am Breakfast of Champions

8.00am: **SESSION 2: Memory Skills**

10.30am: Tea Break

10.45am: **SESSION 3: Study Strategies**

12.00pm: Lunch

1.00pm: **SESSION 4: Creativity Enhancement Games**

3.00pm: Tea Break

3.15pm: **SESSION 5: The Creative Challenge**

4.30pm Reflection, Feedback and Q&A

5.00pm: Rest and Free Time

6.00pm: Dinner

7.00pm: **SESSION 6: Funny Recaps followed by BGR / Motivational Session**

10.30pm: Lights out and good night.

Sunday

6.30am: Rise and Shine

7.00am: Morning Exercise

7.30am Breakfast of Champions

8.00am: **SESSION 7: The Dynamic Team**

10.30am: Tea Break

10.45am: **SESSION 8: The Creative and Cooperative Team**

12.30pm: Wrap Up and Q & A

1.00pm: Photo Session, Camp Check-Out and Goodbye.

Workshop Structure:

Session 1. Getting To Know Me Better

- You will understand more about your own personality and learn to develop a sense of personal confidence to work with others ("When I can like myself, I will also like others")
- You will learn to focus on how your strengths can combine with the strength of others. (How you see your surroundings will determine whether you regard others positively or negatively)
- You will learn how to remain positive throughout the day. (How to avoid letting personal unhappiness affect the work performance)

Session 2. Memory Skills

- You will learn various techniques to memorize long lists of words and numbers
- You gain knowledge on how to remember difficult names and formulas.
- You learn how to recall what you have learnt at school even after many months.

Session 3. Study Strategies

- You will cultivate the fundamentals of preparing for each day's lessons
- You discover which kind of learning method suits you most through a series of self-revealing fun activities
- You will understand how to manage your time and prepare well for exams

Session 4. Creativity Enhancement Games

- You will understand what is the true meaning of creativity
- You will be introduced to the importance of relaxation, the key to Einstein's creativity.
- You will learn the down-to-earth essence of visualization and far-out thinking in finding solutions to problems

Session 5. The Creative Challenge

- You will enjoy games like those you see on TV (eg. JunkYard Wars)
- You will learn the keys to overcoming 'impossible' situations in a fun and effective way

Session 6. Funny Recap and BGR / Motivational Session

- There will be a slide show of the activities so far and you will learn to laugh at yourself and not take yourself too seriously. You will also see how you have changed since the start of the camp.
- This is followed by an interesting sharing session on inter-personal relationships
- The 8 keys of excellence will be shared with stories supporting each of the 8 keys
- A reflective and commitment session will follow with the breaking of chopsticks as a symbolic gesture of the commitment.

Session 7. The Dynamic Team

- You will learn how to identify team members who unconsciously bring down the morale of others & how to identify the above traits in themselves
- You will learn to focus on the strength of each team member. (How you see your surroundings will determine whether you regard your team positively or negatively)
- You will learn how to harmonize their personal priorities as members of a coherent entity

Session 8. The Creative and Cooperative Team

- You cultivate the fundamental ingredient of team success: How to think Win-Win.
- You discover which kind of team members you have through a series of self-revealing fun activities applying the skills learnt earlier in the day.
- You will cultivate a creative culture within your team (a team is alive as long as creativity within the team is alive)

Session Style:

Experiential learning would be the main method used throughout the workshop. You will learn through the “Aha” approach, as they discover key concepts themselves through mind-building activities “MBA”). You will be immersed and enlightened throughout the workshop via games, role-playing and interactive participation. Key concepts will be absorbed through these hands-on activities and self reflection.

Overall Target:

Upon completion of the workshop, you will be able to:

- Understand yourself and others better
- Improve your overall exam preparation confidence.
- Project a better image of yourself in a social context
- Improve your level of cooperation within the team, making achieving group projects easier
- Increase your creativity as a team and generating ideas
- Work in improved harmony and communicate better
- Become more competitive, motivated & goal-oriented

Logistics:

- Each participant will be provided with a set of workshop materials and a certificate of attendance
- Dress code: Casual and Sports Wear
- Number of Participants: 40 to 50 persons
- Although the activities during this camp will be of low or no risk to the participants, Pro-Active Learning and its trainers will not be responsible for any mishaps that may occur
- Punctuality is vital for the success of this camp. Discipline and respect will be the order of the day.

ProActive Training (001631760-U)
55 Jalan BRP 1/13, Bukit Rahman
Putra Sungai Buloh, 47000
Selangor, Malaysia
Tel/Fax : (60) 3 6157 7694
Mobile: (60) 12 656 0662

ProActive Training
Inspiring Excellence



Email : fabfidel@proactivetraining.cjb.net
Website : www.proactivetraining.cjb.net