

let's go!

write the book you want to read

Certificate issued by NWU



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.

READY. SET. AWESOMENESS.

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

DESIGNED FOR

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

FOR SUCCESS

- Presentation of ME2B
- (the future me, and my new personal brand)
- Portfolio of Evidence
- Attendance of all 4 days
- The programme is quality assured by NWU Business School.

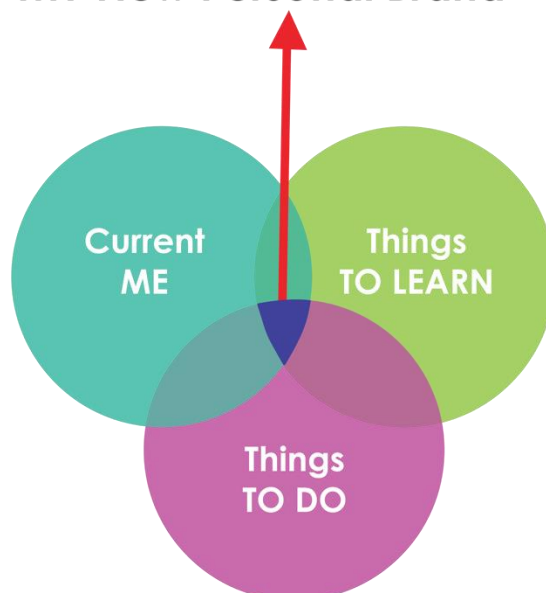
WHAT WILL YOU EXPERIENCE?

- 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: A venue selected by the client
- Group size: 30 participants
- Programme could also be offered virtually

ME2B: MY New Personal Brand



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AFRICA

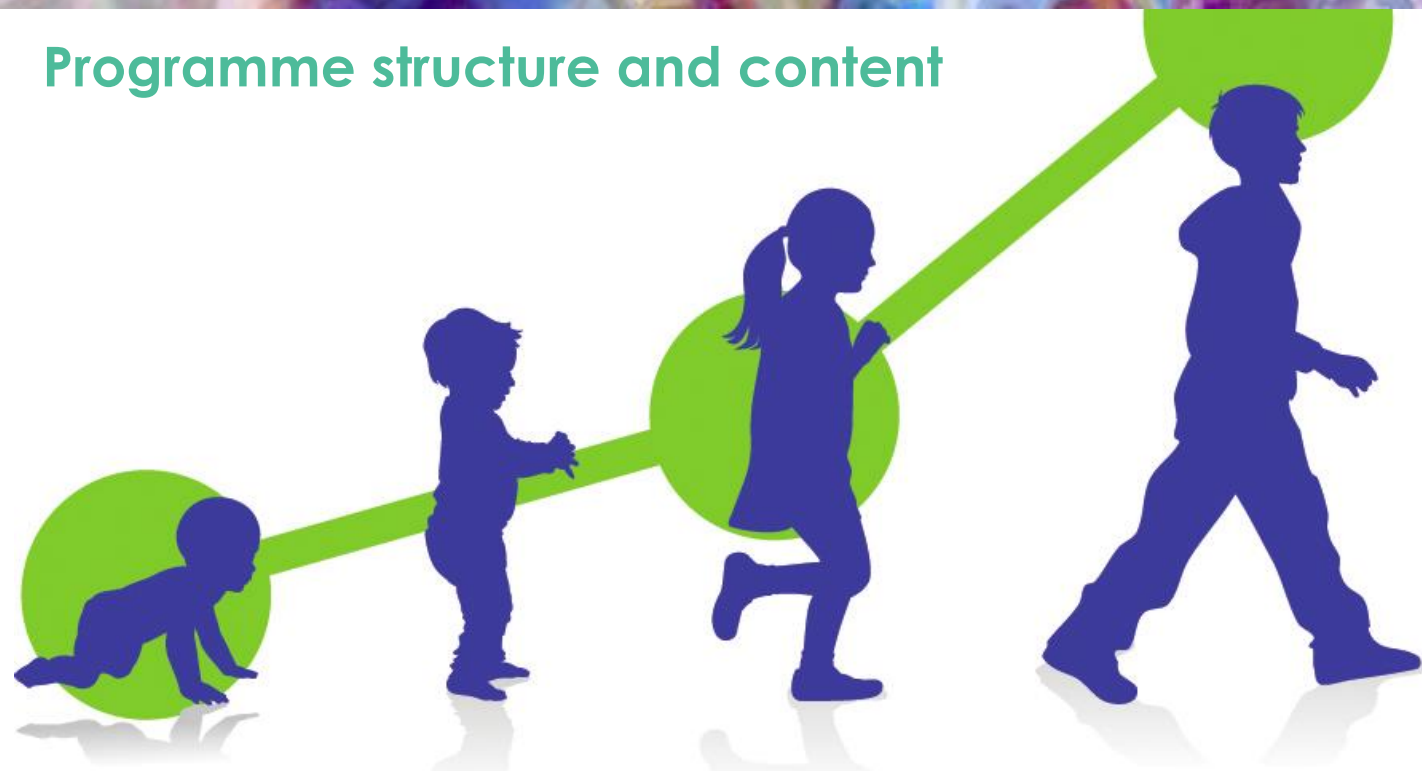
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NWU
BUSINESS SCHOOL



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. Mental (Cognitive) Development
4. The Art of Thinking
5. Decision-making
6. Self-awareness
7. Improving my strengths and talents

ME - Going 4

1. Empathy, assertiveness, fairness, gratitude, self-confidence
2. Being authentic
3. My life purpose
4. Living a purposeful life
5. My personal identity
6. This is ME - Building my personal brand

ME - Moving 3

1. Personal development plan
2. What do people say about me and how do I respond?
3. My locus of control
4. My dealing with conflict
5. My visual impact
6. Sex, drugs and alcohol
7. My boundaries
8. My life story