

Next Gen Leadership Boot Camp

A Two-Day Life Skills & Personal Development Program

PROGRAM AT A GLANCE



Participants: 21 Students

Grades: 8, 9 & 10

Duration 2 Days

Facilitators

Muhammad Yahya & Taha Khalid

Location

Punjab Leadership School, Jhawa

Organized by

AdVentures Academy

WHY THIS BOOT CAMP?

What the assessment revealed:

- Students lacked confidence in speaking and expressing themselves
- Communication skills were underdeveloped
- Natural curiosity and questioning were absent
- No prior exposure to structured personal development



WHAT WE SET OUT TO ACHIEVE



1. Build confidence in speaking and self-expression
2. Develop curiosity and a questioning mindset
3. Improve communication skills and reduce hesitation
4. Introduce ethical awareness and character development
5. Strengthen emotional intelligence and self-control
6. Develop entrepreneurial and problem-solving thinking
7. Expose students to modern learning tools and study techniques



HOW WE DELIVERED THE LEARNING

Participants

- Ice-breaking & Storytelling
- Group Discussions
- Physical Activity & Yoga
- Interactive Lectures
- Hands-on Assignments
- Informal Observation

Purpose

- Build comfort and confidence
- Encourage critical thinking
- Build discipline and focus
- Make concepts easy to grasp
- Apply learning practically
- See real behavior beyond the classroom

DAY 1

BREAKING THE ICE & SHIFTING MINDSETS



Introduction Session

Facilitators shared personal growth journeys to build trust and position themselves as relatable mentors.



Ice-Breaking & Storytelling

Each student shared a unique story in Urdu or English - designed to spark confidence, reduce fear, and reveal natural initiative-takers.



Trust Building

Informal dinner conversations extended the learning beyond the session room and strengthened rapport.



Mindset Development

Growth Mindset vs Fixed Mindset - explained through a simple bowl analogy. Key message: ability grows with effort.

DAY 2

SKILLS, VALUES & TOOLS

Session	Focus
Morning Routine	Exercise + yoga to build discipline
Ethics & Character	"What makes a good human being?" — Respect, Kindness,
Habit Formation	Morning routines, exercise, study habits, journaling
Leadership	Responsibility in everyday life, not just authority
Entrepreneurship	Spot real problems → build value-driven solutions
Emotional Intelligence	Identify, understand & manage emotions
Lunch Observation	Students demonstrated improved etiquette unprompted
SQ3R Study Method	Survey → Question → Read → Recall → Review
AI & ChatGPT	Hands-on introduction to AI as a learning tool
Closing	Each student gifted a book + take-home assignment

WHAT WE SAW CHANGE



Before (Day 1)	After (Day 2)
Hesitation and silence	Active, willing participation
Repetitive, similar introductions	Unique, confident self-expression
Low, quiet voices	Clear, audible communication
Passive listening	Initiative-taking and engagement
Fear of mistakes	Openness to trying
Poor table etiquette	Demonstrated respect and discipline at lunch

WHAT STUDENTS TOOK AWAY



Confidence in speaking and expressing themselves
The importance of a growth mindset
The value of curiosity and asking questions
Ethical awareness and strong character
Emotional intelligence and self-control
How to build habits and follow structured routines
Entrepreneurial and problem-solving thinking
Exposure to modern learning tools (SQ3R, ChatGPT)



WHAT WE LEARNED AS FACILITATORS

Confidence builds gradually - consistent encouragement is key

Ice-breaking is not optional - it is the foundation

Interactive learning consistently outperforms lectures

Simple analogies unlock complex ideas

What students do outside sessions tells you more than what they do inside

Reinforcement is essential for lasting behavioral change

Flexibility in teaching style is non-negotiable



WHAT WE NAVIGATED

STUDENTS

Low confidence and fear of making mistakes
Repetitive, uncreative self-introductions
Speaking in very quiet voices
Tendency toward passive participation
Limited experience with structured programs

FACILITATORS

Breaking the initial silence in the room
Encouraging reluctant students to take part
Sustaining engagement across a full day
Adapting to different learning speeds within the group
Building genuine trust within just two days



THE PEOPLE WHO MADE IT HAPPEN



A SMALL, COMMITTED TEAM DELIVERING A HIGH-IMPACT PROGRAM.