ASEFYLS4 SUSTAINABLE NAVIGATORS DEVELOPMENT PROGRAMME POST-COVID-19
September 2020 - December 2021 | Virtual, Cambodia, Singapore & Across ASEM Countries
In support of the 4th ASEF Young Leaders Summit (ASEFYLS4)

Training: Programme

Organised by:

In partnership with: Contributing to:

ASEF’s contribution is made possible with the financial support of the European Union.
**Friday, 4 September 2020 – Session 1**

07:00 – 09:00 GMT

Welcome & Training Introduction
- Introductions
- Chat Roulette
- Programme Overview
- Group Activity: Expectations & Commitments

**Speakers**

Ms Leonie NAGARAJAN  
Director, Education Department  
Asia-Europe Foundation (ASEF)

Ms Meera BAL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)

Ms Freya CHOW-PAUL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)

**Wednesday, 9 September 2020 – Session 2**

07:00 – 09:00 GMT

Conversations on HUMANITY & The NEW NORMAL
- Reflections and Conversation
- Q&A
- Group Activity: Insights on ‘Being Human’

**Speakers**

Dr Amareswar GALLA  
Director, International Centre for Inclusive Cultural Leadership (ICICL), Anant National University, Ahmedabad, India

Mr Ferdinand RICHARD  
Co-founder, FANAK Fund

**Moderator**

Ms Anupama SEKHAR  
Director, Culture Department  
Asia-Europe Foundation (ASEF)

**Friday, 18 September 2020 – Session 3**

07:00 – 09:00 GMT

REFLECTIONS on Understanding SELF
- Chat Roulette: Self Identity
- Group Activity using MURAL: Understanding Self-Awareness
- Group Activity: Self-Awareness for Leadership
- Johari Window

**Speakers**

Ms Leonie NAGARAJAN  
Director, Education Department  
Asia-Europe Foundation (ASEF)

Ms Meera BAL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)

Ms Freya CHOW-PAUL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)

**Thursday, 24 September 2020 – Session 4**

07:00 – 09:00 GMT

Defining IN-DEPTH Understanding of SELF
- Chat Roulette: Exchange of resources
- Independent Exercise: Mindfulness
- Group Activity: Resilience Impact of COVID-19
- Group Activity: Empathy Circles

**Speakers**

Ms Leonie NAGARAJAN  
Director, Education Department  
Asia-Europe Foundation (ASEF)

Ms Meera BAL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)

Ms Freya CHOW-PAUL  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF)
### Saturday, 3 October 2020 – Session 5

**Check-in Session – Self Leadership**
- Self-Leadership Mind Maps
- Discussion on Expectations & Commitments
- Group Activity using MURAL: Self contribution to the Team

**Zoom**

**Ms Leonie NAGARAJAN**
Director, Education Department
Asia-Europe Foundation (ASEF)

**Ms Meera BAL**
Project Coordinator, Education Department
Asia-Europe Foundation (ASEF)

**Ms Freya CHOW-PAUL**
Project Coordinator, Education Department
Asia-Europe Foundation (ASEF)

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### Monday, 5 October 2020 – Session 6a

**TEAMBUILDING**
- Virtual Escape Room – Skyrocket Your Team
- Debrief and discussion on team communication

**Zoom**

**Ms Freya CHOW-PAUL**
Project Coordinator, Education Department
Asia-Europe Foundation (ASEF)

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### Tuesday, 6 October 2020 – Session 6b

**TEAMBUILDING**
- Virtual Escape Room – Skyrocket Your Team
- Debrief and discussion on team communication

**Zoom**

**Ms Meera BAL**
Project Coordinator, Education Department
Asia-Europe Foundation (ASEF)

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### Wednesday, 7 October 2020 – Session 6c

**TEAMBUILDING**
- Virtual Escape Room – Skyrocket Your Team
- Debrief and discussion on team communication

**Zoom**

**Ms Freya CHOW-PAUL**
Project Coordinator, Education Department
Asia-Europe Foundation (ASEF)
## Monday, 12 October 2020 – Session 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Facilitators</th>
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<tbody>
<tr>
<td>07:00 – 09:00</td>
<td><strong>Training on TEAM Dynamics</strong></td>
<td><strong>Ms Leonie NAGARAJAN</strong></td>
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<td></td>
<td>• Group Activity using Mentimeter: Discussion on Communication</td>
<td><strong>Director, Education Department</strong></td>
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<td>• Chat Roulette</td>
<td><strong>Asia-Europe Foundation (ASEF)</strong></td>
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<td>• Group Activity using Mentimeter: Discussion on Decision Making</td>
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<td>• Group Activity: Challenge Scenarios – Problem Solving</td>
<td><strong>Ms Meera BAL</strong></td>
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<td><strong>Project Coordinator, Education Department</strong></td>
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## Wednesday, 21 October 2020 – Session 8

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<tr>
<td>07:00 – 09:00</td>
<td><strong>Peer to Peer Learning on LEADING Others</strong></td>
<td><strong>ASEFYLS4 Navigators</strong></td>
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<td>• Group activity using MURAL: ‘Seeing the Unseen’</td>
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<td>• Group activity using ‘Wall of Text’: Belonging</td>
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<td>• Group activity: discussion on Belonging to a team</td>
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## Tuesday, 27 October 2020 – Session 9

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<tr>
<td>07:00 – 09:00</td>
<td><strong>Check-in Session – Team Leadership</strong></td>
<td><strong>Ms Leonie NAGARAJAN</strong></td>
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<td></td>
<td>• Group Activity: Team Leadership Mind Maps</td>
<td><strong>Director, Education Department</strong></td>
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<td>• Group Activity: Discussion on Expectations &amp; Commitments</td>
<td><strong>Asia-Europe Foundation (ASEF)</strong></td>
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## Thursday, 5 November 2020 – Session 10

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<tr>
<td>07:00 – 09:00</td>
<td><strong>Roundtable on SOCIETAL &amp; CULTURAL NORMS</strong></td>
<td><strong>Ms Leonie NAGARAJAN</strong></td>
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<td>• Group Activity: Sharing Cultural Stereotype Posters</td>
<td><strong>Director, Education Department</strong></td>
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<td>• Group Activity using Mentimeter: Cultural Biases</td>
<td><strong>Asia-Europe Foundation (ASEF)</strong></td>
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<td>• Group Activity: Chat Roulette</td>
<td><strong>Ms Meera BAL</strong></td>
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<td>• Diversity Map</td>
<td><strong>Project Coordinator, Education Department</strong></td>
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<td>• Presentation: Introduction to Cambodia</td>
<td><strong>Asia-Europe Foundation (ASEF)</strong></td>
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<td>• <strong>Ms Freya CHOW-PAUL</strong></td>
<td><strong>Project Coordinator, Education Department</strong></td>
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<td>4 ASEFYLS4 Cambodian Navigators</td>
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### Wednesday, 11 November 2020 – Session 11

**10:00 – 13:00 GMT**

**Toolkit on LEADERSHIP in ACTION**
- Introduction to: Framing, Planning, Executing, Sustaining & Scaling Projects
- Introduction to: Global Changemakers Project Management for Changemakers Course

**Speakers**
- Ms Yasmin MORAIS
  Program Manager, Global Changemakers
- Ms Sara BOTERO R
  Community Engagement Manager, Global Changemakers

**Moderator**
- Ms Leonie NAGARAJAN
  Director, Education Department
  Asia-Europe Foundation (ASEF)

**Zoom**

### Wednesday, 18 November 2020 – Session 12

**07:00 – 09:00 GMT**

**IDEATION to IMPACT CREATION**
- Intergenerational discussion of creating societal change by on-the-ground social entrepreneurs and community leaders
- Q&A and experience sharing on journeys of creating impact

**Speakers**
- In her 40s
  Ms Katherine HERMANS
  Strategy & Finance Director, Global Changemakers
- In his 50s
  Mr KOH Seng Choon
  Founder, Dignity Kitchen, Singapore
- In her 60s
  Dr Laretna T ADISHAKTI
  Lecturer & Coordinator, Center for Heritage Conservation, Department of Architecture & Planning, Faculty of Engineering, Universitas Gadjah Mada, Indonesia

**Moderator**
- Ms Leonie NAGARAJAN
  Director, Education Department
  Asia-Europe Foundation (ASEF)

**Zoom**

### Thursday, 19 November 2020 – Social Session

**07:00 – 09:00 GMT**

**Social Session**
- Get to know each other more!

**Speakers**
- Ms Freya CHOW-PAUL
  Project Coordinator, Education Department
  Asia-Europe Foundation (ASEF)

**Zoom**
### Tuesday, 24 November 2020 – Session 13

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<tr>
<th>Time</th>
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| 07:00 – 09:00 GMT | **Project Proposal Sharing for SOCIETAL LEADERSHIP**  | **Ms Leonie NAGARAJAN**  
Director, Education Department  
Asia-Europe Foundation (ASEF)  
**Ms Freya CHOW-PAUL**  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF) |
|            | - Group Activity: Discussion of Leadership in Action Project Concepts    |                                                                              |
|            | - Peer-to-peer feedback and idea exchange                              |                                                                              |
|            | Zoom                                                                     |                                                                              |

### Thursday, 3 December 2020 – Session 14

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<th>Time</th>
<th>Activity</th>
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| 07:00 – 09:00 GMT | **Wrap-up and Review**  | **Ms Leonie NAGARAJAN**  
Director, Education Department  
Asia-Europe Foundation (ASEF)  
**Ms Freya CHOW-PAUL**  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF) |
|            | - Societal Leadership Mind Maps                                         |                                                                              |
|            | - Discussion on Expectations & Commitments                             |                                                                              |
|            | - Next Steps                                                             |                                                                              |
|            | Zoom                                                                     |                                                                              |

### Friday, 4 December 2020 – Social Session

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<th>Time</th>
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| 07:00 – 09:00 GMT | **Social Session**  | **Ms Freya CHOW-PAUL**  
Project Coordinator, Education Department  
Asia-Europe Foundation (ASEF) |
|            | - Get to know each other more!                                          |                                                                              |
|            | Zoom                                                                     |                                                                              |