

# ASEFYLS4 SUSTAINABLE 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:



ក្រសួងការបរទេស  
និងសហប្រតិបត្តិការអន្តរជាតិ  
Ministry of Foreign Affairs  
and International Cooperation



In partnership with:



Contributing to:



ASEF's contribution is made possible with the financial support of the European Union.

<b>Friday, 4 September 2020 – Session 1</b>		
07:00 – 09:00 GMT	<p><b>Welcome &amp; Training Introduction</b></p> <ul style="list-style-type: none"> <li>• Introductions</li> <li>• Chat Roulette</li> <li>• Programme Overview</li> <li>• Group Activity: Expectations &amp; Commitments</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Wednesday, 9 September 2020 – Session 2</b>		
07:00 – 09:00 GMT	<p><b>Conversations on HUMANITY &amp; The NEW NORMAL</b></p> <ul style="list-style-type: none"> <li>• Reflections and Conversation</li> <li>• Q&amp;A</li> <li>• Group Activity: Insights on 'Being Human'</li> </ul> <p>Zoom</p>	<p><b>Speakers</b></p> <p><b>Dr Amareswar GALLA</b> Director, International Centre for Inclusive Cultural Leadership (ICICL), Anant National University, Ahmedabad, India</p> <p><b>Mr Ferdinand RICHARD</b> Co-founder, FANAK Fund</p> <p><b>Moderator</b></p> <p><b>Ms Anupama SEKHAR</b> Director, Culture Department Asia-Europe Foundation (ASEF)</p>
<b>Friday, 18 September 2020 – Session 3</b>		
07:00 – 09:00 GMT	<p><b>REFLECTIONS on Understanding SELF</b></p> <ul style="list-style-type: none"> <li>• Chat Roulette: Self Identity</li> <li>• Group Activity using MURAL: Understanding Self-Awareness</li> <li>• Group Activity: Self-Awareness for Leadership</li> <li>• Johari Window</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Thursday, 24 September 2020 – Session 4</b>		
07:00 – 09:00 GMT	<p><b>Defining IN-DEPTH Understanding of SELF</b></p> <ul style="list-style-type: none"> <li>• Chat Roulette: Exchange of resources</li> <li>• Independent Exercise: Mindfulness</li> <li>• Group Activity: Resilience Impact of COVID-19</li> <li>• Group Activity: Empathy Circles</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>

<b>Saturday, 3 October 2020 – Session 5</b>		
07:00 – 09:00 GMT	<p><b>Check-in Session – Self Leadership</b></p> <ul style="list-style-type: none"> <li>• Self-Leadership Mind Maps</li> <li>• Discussion on Expectations &amp; Commitments</li> <li>• Group Activity using MURAL: Self contribution to the Team</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Monday, 5 October 2020 – Session 6a</b>		
07:00 – 09:00 GMT	<p><b>TEAMBUILDING</b></p> <ul style="list-style-type: none"> <li>• Virtual Escape Room – Skyrocket Your Team</li> <li>• Debrief and discussion on team communication</li> </ul> <p>Zoom</p>	<p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Tuesday, 6 October 2020 – Session 6b</b>		
07:00 – 09:00 GMT	<p><b>TEAMBUILDING</b></p> <ul style="list-style-type: none"> <li>• Virtual Escape Room – Skyrocket Your Team</li> <li>• Debrief and discussion on team communication</li> </ul> <p>Zoom</p>	<p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Wednesday, 7 October 2020 – Session 6c</b>		
07:00 – 09:00 GMT	<p><b>TEAMBUILDING</b></p> <ul style="list-style-type: none"> <li>• Virtual Escape Room – Skyrocket Your Team</li> <li>• Debrief and discussion on team communication</li> </ul> <p>Zoom</p>	<p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>

<b>Monday, 12 October 2020 – Session 7</b>		
07:00 – 09:00 GMT	<p><b>Training on TEAM Dynamics</b></p> <ul style="list-style-type: none"> <li>Group Activity using Mentimeter: Discussion on Communication</li> <li>Chat Roulette</li> <li>Group Activity using Mentimeter: Discussion on Decision Making</li> <li>Group Activity: Challenge Scenarios – Problem Solving</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Wednesday, 21 October 2020 – Session 8</b>		
07:00 – 09:00 GMT	<p><b>Peer to Peer Learning on LEADING Others</b></p> <ul style="list-style-type: none"> <li>Group activity using MURAL: ‘Seeing the Unseen’</li> <li>Group activity using ‘Wall of Text’: Belonging</li> <li>Group activity: discussion on Belonging to a team</li> </ul> <p>Zoom</p>	<p><b>ASEFYLS4 Navigators</b></p>
<b>Tuesday, 27 October 2020 – Session 9</b>		
07:00 – 09:00 GMT	<p><b>Check-in Session – Team Leadership</b></p> <ul style="list-style-type: none"> <li>Group Activity: Team Leadership Mind Maps</li> <li>Group Activity: Discussion on Expectations &amp; Commitments</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Meera BAL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
<b>Thursday, 5 November 2020 – Session 10</b>		
07:00 – 09:00 GMT	<p><b>Roundtable on SOCIETAL &amp; CULTURAL NORMS</b></p> <ul style="list-style-type: none"> <li>Group Activity: Sharing Cultural Stereotype Posters</li> <li>Group Activity using Mentimeter: Cultural Biases</li> <li>Group Activity: Chat Roulette</li> <li>Diversity Map</li> <li>Presentation: Introduction to Cambodia</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>4 ASEFYLS4 Cambodian Navigators</b></p>

**Wednesday, 11 November 2020 – Session 11**

10:00 – 13:00 GMT	<p><b>Toolkit on LEADERSHIP in ACTION</b></p> <ul style="list-style-type: none"> <li>• Introduction to: Framing, Planning, Executing, Sustaining &amp; Scaling Projects</li> <li>• Introduction to: Global Changemakers Project Management for Changemakers Course</li> </ul> <p>Zoom</p>	<p><b>Speakers</b></p> <p><b>Ms Yasmin MORAIS</b> Program Manager, Global Changemakers</p> <p><b>Ms Sara BOTERO R</b> Community Engagement Manager, Global Changemakers</p> <p><b>Moderator</b></p> <p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p>
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**Wednesday, 18 November 2020 – Session 12**

07:00 – 09:00 GMT	<p><b>IDEATION to IMPACT CREATION</b></p> <ul style="list-style-type: none"> <li>• Intergenerational discussion of creating societal change by on-the-ground social entrepreneurs and community leaders</li> <li>• Q&amp;A and experience sharing on journeys of creating impact</li> </ul> <p>Zoom</p>	<p><b>Speakers</b></p> <p><b>In her 40s</b> <b>Ms Katherine HERMANS</b> Strategy &amp; Finance Director, Global Changemakers</p> <p><b>In his 50s</b> <b>Mr KOH Seng Choon</b> Founder, Dignity Kitchen, Singapore</p> <p><b>In her 60s</b> <b>Dr Laretna T ADISHAKTI</b> Lecturer &amp; Coordinator, Center for Heritage Conservation, Department of Architecture &amp; Planning, Faculty of Engineering, Universitas Gadjah Mada, Indonesia</p> <p><b>Moderator</b></p> <p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p>
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**Thursday, 19 November 2020 – Social Session**

07:00 – 09:00 GMT	<p><b>Social Session</b></p> <ul style="list-style-type: none"> <li>• Get to know each other more!</li> </ul> <p>Zoom</p>	<p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
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**Tuesday, 24 November 2020 – Session 13**

07:00 – 09:00 GMT	<p><b>Project Proposal Sharing for SOCIETAL LEADERSHIP</b></p> <ul style="list-style-type: none"> <li>• Group Activity: Discussion of Leadership in Action Project Concepts</li> <li>• Peer-to-peer feedback and idea exchange</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
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**Thursday, 3 December 2020 – Session 14**

07:00 – 09:00 GMT	<p><b>Wrap-up and Review</b></p> <ul style="list-style-type: none"> <li>• Societal Leadership Mind Maps</li> <li>• Discussion on Expectations &amp; Commitments</li> <li>• Next Steps</li> </ul> <p>Zoom</p>	<p><b>Ms Leonie NAGARAJAN</b> Director, Education Department Asia-Europe Foundation (ASEF)</p> <p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
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**Friday, 4 December 2020 – Social Session**

07:00 – 09:00 GMT	<p><b>Social Session</b></p> <ul style="list-style-type: none"> <li>• Get to know each other more!</li> </ul> <p>Zoom</p>	<p><b>Ms Freya CHOW-PAUL</b> Project Coordinator, Education Department Asia-Europe Foundation (ASEF)</p>
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