



# Y-PRO

EMERGING LEADERS BOOTCAMP

MORE THAN A DECADE OF EXCELLENCE IN DEVELOPING EMERGING LEADERS

Emerging Leader's Bootcamp 2023: Young Professionals (Y-PRO) is a 4-day, adrenaline-fueled experience, intended to reconnect participants with their core. It is a vigorous Bootcamp infused with facilitation and self-reflective activities, designed to test one's limits to harness their true potential. The program is skillfully curated for the participants to ultimately find their purpose; leading the participants to begin their journey of transformation by fast-tracking their personal and professional goals.



To create a sense of ownership of one's commitment to change and face challenges with courage.



Develop creative thinking, collaborative attitudes, and respect for diversity in a supportive workplace.



To carry forth this new "knowing" and becoming a young leader with potential to make an impact.

Designed for: Young Leaders (0-5 years of work experience)  
Location: Up-north of Islamabad  
Duration: 4 Days

**25TH-28TH MAY 2023**

Ascend Consulting, Suite 101, 14-C, Bukhari Commercial Lane 7, Phase 6, DHA,  
Karachi

For registration or information  
✉ [info@ascenddevelopment.com](mailto:info@ascenddevelopment.com)  
☎ Call us at: +92 300 0807380

# OUR APPROACH



## SENSING

Creating with an open mind, open heart, and an open will. While an open heart allows us to see a situation from the current whole, the open will enables us to begin to sense from the whole that is wanting to emerge.



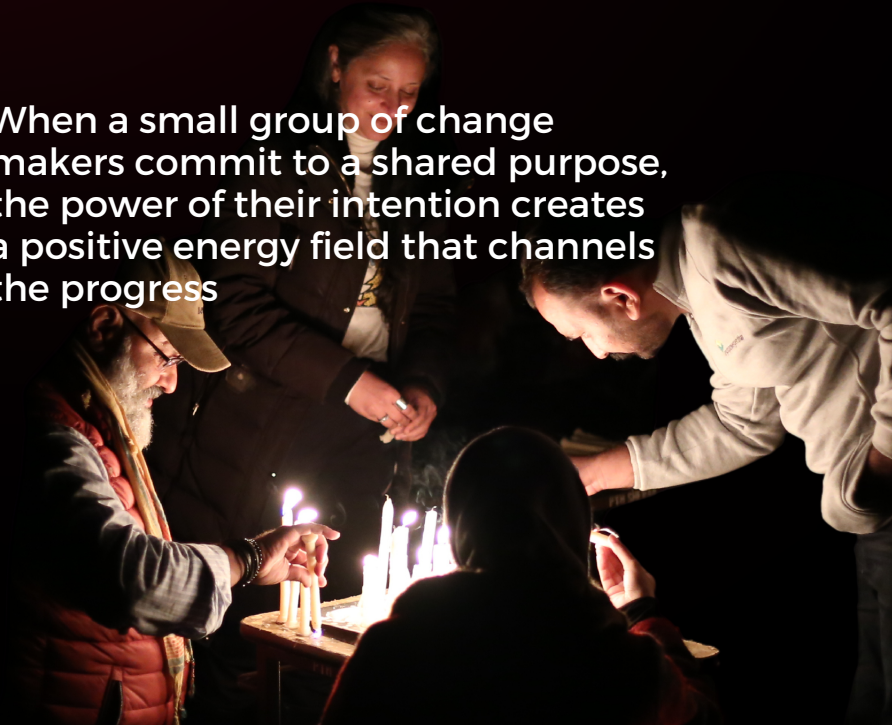
## PRESENSING

The capacity to connect to the deepest sources of self - to go to the inner place of stillness where knowing comes to surface.



## REALISING

When a small group of change makers commit to a shared purpose, the power of their intention creates a positive energy field that channels the progress



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# CONCEPTUAL FRAMEWORK

## CO-INITIATING:

**Build Common Intent**  
stop and listen to what life  
calls you to do

## CO-EVOLVING:

**Embody the New in Ecosystems**  
that facilitate seeing and acting  
from the whole

## CO-SENSING:

**Observe, Observe, Observe**  
go to the places of most  
potential and listen with your  
mind and heart wide open

## CO-CREATING:

**Prototype the New**  
in living examples to explore  
the future by doing

## PRESENCING:

**Connect to the Source of Inspiration, and Will**  
go to the place of silence and allow the inner  
knowing to emerge

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## Program Details - Y-PRO

### Pre-event

- Registration
- Invoicing
- On-boarding participants
- Goal setting

### Day 01

#### Day Theme: Building Common Intent

- Participants are asked what their intention behind coming to the boot camp is. They are facilitated through a process that brings clarity to them towards their intention. While the facilitators set their intentions for the journey, the participants check in with one another. They are told to be self-aware and check in with other participants.
- Official kick-off, Introductions, Giveaways distribution.

**Co initiating** – Stop and listen to others and to what life calls you to.

### Day 02

#### Day Theme: Self as a Foundation

- Participants get in touch with their inner voice to make better decisions and connect with their authentic selves. They increase self-awareness and gain deeper insight into what is helping them and what isn't, and what to do about it because unless they really know themselves, they won't authentically show up for others.
- Peer-coaching
- Hitting deeper than the tip of the iceberg: deeper self-reflection

**Co-Sensing:** Observe, observe, observe Go to the place of the most potential and listen with your mind and heart wide open.

**Co-Presencing:** connect to the source of inspiration and will - go to the place of silence and allow the inner knowing to emerge.

## Program Details - Y-PRO

### Day 03

#### Day Theme: The Power of Your Story

- Participants test their potential and begin the process of defining, refining, and understanding what value or purpose they can really provide to people around them. Improve the way they explain themselves in meaningful ways – a skill essential to getting the best performance from others while providing others what they truly need.
- Wilderness Trail and facilitation sessions will help participants to identify and understand the core of their power which is driven by their past experiences, and how can they use these experiences to work on their personal brand.
- The participants practice Ikigai, in which they mention their passion, mission, profession, and vocation. This helps them find a purpose.

Co-Presencing: connect to the source of inspiration and will - go to the place of silence and allow the inner knowing to emerge.

Co-Creating: Prototype the new in living examples to explore the future by doing.

### Day 04

#### Day Theme: The World Around Us

- Participants will be engaged in conversations about purposefulness and defining the conversations that open the community to an alternative future. When they focus on the wider world in action, they improve their ability to devise a strategy, invite innovation and increase their ability to manage themselves and their organizations.
- Closing ceremony where participants will define their commitments and changes that they can bring about in their communities.

Co- Evolving- Embody the new in ecosystems that facilitate seeing and acting from the whole.

# FACILITATORS



## **Kanwer Anwer Saeed**

Kanwer is a connector and passionate individual who designs interventions and guides people into profound self-discovery, realizing sense of purpose and connection to build communities of vulnerability and authenticity.



## **Farah Moin**

Farah has worked with in finance, MICE (Meetings, Incentives, Conferences & Events) & experiences . Her Innovative ideas and management skills have provided Ascend a competitive edge in its Experiential learning programs & Events segments.



## **Ajlaan Raza**

Ajlaan is a corporate slave turned facilitator and yoga instructor. His passion for movement led him to "deviate" from his "normal" life and study yoga, partner aerobics, slack-lining, and therapeutics.

## Registration Process for Corporates

Send us an official email confirming all the information of participants at [info@ascenddevelopment.com](mailto:info@ascenddevelopment.com). An invoice will be generated for the process to go forward. Please refer to the payment terms for appropriate modes of payment.

If payment is made directly at the bank, then proof of payment must be submitted or attached via email to confirm the payment.

## Registration Process for Individuals

The Young Professional Leaders Bootcamp 2023 is an exciting experience scheduled to take place from 25th-28th May 2023. Apply now to become part of it by registering on the following link:

<https://forms.office.com/r/qRutQkJRwb>

## Important Note

Kindly go through all our terms and conditions, cancellation policies, and eligibility to apply before submitting the form.

## Eligibility Criteria

The program is designed for Young Professionals with 0-5 years of work experience

## Investment and Payment Methods

**Total investment: Rs. 185,000/- exclusive of Sales Tax**

The payment needs to be 100% paid before the event.

Once your payment reaches our account, you will receive a confirmation email from our side.

**Bank Name: Bank Al-Habib**

**Account Title: Ascend People Consulting Pvt Ltd**

**Account Number: 1118-0981-004641-01-0**

# PROCESS GUIDE

## Our package includes ...

- Travelling cost to and from Islamabad
- Full access to the Bootcamp program, simulations, sessions, and social events
- 3-nights and 4-day accomodation
- Relevent Equipment
- All meals and refreshments
- Relevant field trips
- All access to a wide range of on-ground activities at the venue
- Interaction with multiple industry experts and professionals from diverse professional backgrounds
- Boot campers kit
- Y-PRO Certificate of Achievement on the completion of the Bootcamp
- Membership in our community of the versatile boot campers

## Our package does NOT cover

Air tickets of the participants are not included in the quoted price (from their home to Islamabad and from Islamabad back to their home).

## Application Deadline

The registration for the program will be open till the end of April.

## Cancellation/Refund Policy

- Cancellation requests must be received in writing or via email
- Attendees must cancel more than 5 business days prior to the program date to receive a full refund.
- Cancellations received less than 5 business days prior to the program date will not be entertained and the entire program fee will be charged.

## Vendor Registration Process

If Ascend is not a registered vendor at your firm as a requirement to conduct business operations, please contact us to initiate the registration process.

## For further details

Contact Number: +92-300-0807380; +92-321-2858998

Contact email address: [info@ascenddevelopment.com](mailto:info@ascenddevelopment.com)

Website: <https://www.ascenddevelopment.com/bootcamp>



# Y-Pro 2023 Registration Form!



Scan ME!

PROCESS GUIDE