

# Growth Academy

**Goal:** LevelUp Learners will dive into a growth-oriented environment for personal development, fostering confidence and a positive outlook on the future.



## Overview of the Week:

1. **Ideate:** Dream and set clear, achievable goals.
2. **Iterate:** Cultivate resilience and adaptability.
3. **Implement:** Take actionable steps toward personal goals.
4. **Improve:** Refine goals, seek feedback, and make necessary adjustments.
5. **Inspire:** Celebrate achievements and inspire others.

# StartUp Academy

- **Session 1: Ideate**

- **Theme:** Dream big and set goals.
- **Activities:**
  - Icebreaker and self-discovery: Share passions and interests.
  - Vision board creation: Visualise future goals in careers, skills, and hobbies.
  - Goal setting: Set one personal and one academic/professional SMART goal.
  - Journaling prompts: Reflect on what inspires you and what you want to accomplish.

- **Session 2: Iterate**

- **Theme:** Develop self-awareness and resilience.
- **Activities:**
  - Mindset workshop: Learn about growth and fixed mindsets with real-life examples.
  - Identify obstacles and brainstorm solutions.

- **Session 3: Implement**

- **Theme:** Taking action and building skills.
- **Activities:**
  - Personal action plan: Break down a SMART goal into manageable steps.
  - Mini project challenge: Work on a project that applies newly learned skills (e.g., budgeting, productivity)

- **Session 3: Improve**

- **Theme:** Taking action and building skills.
- **Activities:**
  - Accountability partners: Pair up for progress check-ins and feedback.

- **Session 4: Inspire**

- **Theme:** Be a source of inspiration and set new horizons.
- **Activities:**
  - Personal presentations: Share personal journeys, goals, challenges, and lessons learned.