

Icebreaker: Selection of Inspiring Quotes (3 minutes)

The session starts with an icebreaker where the mentees choose from various inspiring quotes preset quotes but it needs to resonate with him or her and share the reason for their selection and how it resonates with them briefly with others.

Introspection and goal setting (5 minutes)

Start a short self-reflection process, where the mentees need to think about the dreams and objectives they want to meet in their lives. Advise them on simplifying thought processes and focussing on singular strands of thoughts. This would enable them to focus on their goals.

Identifying Personal Strengths (5 minutes)

Conduct activities and provide a list of strengths to help the mentees recognize and realize their areas of strength. Talk about how strengths help people overcome challenges and fulfill dreams.

Success Visualization Exercise (4 minutes)

Guide them toward a visualization exercise where the mentees would close their eyes and imagine themselves achieving it successfully. Advise them to visualize themselves celebrating their achievement. Have them visualize the sense of fulfillment, pride, and accomplishment while thinking the success and ask them to smile when they feel happy about it.

Action Planning (3 minutes) Lead the learners to develop an uncomplicated course of action that will show them how they can move towards their goals. Advise students on how to break down the aims into manageable parts and set goals for each part to maintain steady progress.

Peer Sharing and Feedback (4 minutes) Pair students up so that they may swap what their targets are and then set out a plan aimed at supporting the other student or holding him/her accountable. This should be done so that their plans get improved through constructive criticism and joint identification of problems.

Conclusion: Conclude this session by emphasizing self-coaching while magnifying strengths in every student to make them drive their success. Urge learners to keep returning to where they came from, remain organized, and stick with ambitious dreams, being aware that one can achieve universal wonders.

