

ROTARACT CLUB OF KUALA LUMPUR

ROTARY INTERNATIONAL DISTRICT 3300



ROTARACT DISTRICT 3300 AWARDS RY 2012/2013

Project Oriented

Best Professional Development

Prepared by:

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Professional Development Director

INTRODUCTION

Lauding one of the main purpose of Rotaract Clubs, The Rotaract Club of Kuala Lumpur (RACKL) continued its pursuit in carrying out series of Professional Development Talks this RY12/13. Emphasizing on the Development of Youths and providing them with guidance and an opportunity to further deepen their quest of becoming the leaders of tomorrow.

RACKL organised a series of Professional Development (PD) talks for Youths with an intention of focusing on the most needed aspects in achieving their dreams and goals in life. We ensured that the speakers engaged were youths themselves. These speakers were youths who have reached great milestones in their lives at a very young age. We believed that this will be a better way to inspire and reach out to the youngsters as they could relate better to the speakers who come from their own age group.

It is rather crucial that tomorrow's leaders (Youths) have all the key qualities to ensure their success and ability to further contribute for their own development as well as contribute to the society. The talks held took into careful consideration all these aspects. Hence we included talks that kindled the urge to face challenges in life, time management skills, built their confidence. There was also talk on stress, this talk is equally important as studies has revealed the root cause of many problem faced as a result of youth being subjected to stress. Stress is faced by people of various age group, students with studies, work stress etc. The sessions were ensured to be a more interactive sessions rather than talks that were one sided that would give the vibe of attending university lectures.

We can't have all work and no play, there were some light moments during this series of Professional Development talk series in which we slotted Salsa workshop that allowed them to boost their confidence and have a fun filled time. The talks begun with self-introduction and Ice breaking sessions giving the chance for the members to get acquainted with the guests present. This indirectly incorporated the Club Service Avenue of The Rotaract Club, where guests and members had the privilege to establish new friendship while benefiting from the PD Talks

Organizing Professional Development talks has certainly been one of the great ways of gaining a sound number of guests and this indirectly allowed us to
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spread Rotaract awareness among those who were present. This paved ways for the membership Development of our club.

ORGANISING COMMITTEE

Organising Chairperson : ***PP David Lee Wai Hoo***

Logistics & Coordination : ***President Nancy Sukumaran***

PE Murtaza Shafie

Rtr Roslyn Andrew

Rtr Sandeep Singh

Marketing & Promotion : ***PP David Lee Wai Hoo /***

President Nancy Sukumaran

BUDGET

All the speakers had agreed to give the talks free of charge. The only expense incurred for these talks were the cost of printing certificates of appreciation that were presented to the speakers.

PROJECT PLANNING

The initiation and planning of this series of talks was done during the first Pre Board meeting for the RY 12/13 term. Bearing in mind the need for sufficient time to secure speakers that will fulfil our aim to reach out to the youths, suitable dates were proposed and allocated for the talks. As the Professional Development director I formed a separate team of members that assisted me with the various aspects of organizing this PD talks. The tasks delegated included searching for the suitable speaker, marketing and promoting the talks. New members of the club were also given the chance to gain experience in organizing these talks Official letters were sent out to the speakers. The events invites were created on the social network site RACKL - Best Professional Development Award Submission

Facebook. Besides that, we also put up the notice on our website. Invites were also sent out via email and sms. During the talks this term we were very privileged to have with us a few international guests and Rotaractors who received the notification via the FB event page created. Certificate of appreciation were also presented to all the speakers who had graciously agreed and presented their talks. This is just a small gesture we have practices to show our appreciation for their time and support in making our PD Talks series possible.



A Screenshot of our event page created for one of the recent talks held.

THE PROFESSIONAL DEVELOPMENT TALKS

Objective : Spotting Trends and Manifesting ideas into action

Topic : "Why Wait When You Can Start Now?"

Date : 28th July 2012

Speaker : **Mr. Ananda**

He, holds a degree in Bachelors of Science Computing (Hons) and a Master's in Education and Training Management from the UK. Currently Ananda is furthering his PHD in Business Administration Majoring in Economic Planning. At the moment he is working on Eco School Project Focusing primarily in Malaysia with the Foundation with Environmental Education (FEE) where it works with 13,000 schools worldwide. Why Wait When You Can Start Now"

Members : **7**

Guests : **1**

Many people failed to manifest their ideas on their mind into measureable results. We have Mr. Anand who have many years of experience in International Business Consulting. He is at the moment working on Eco School Project Focusing primarily in Malaysia with the Foundation with Environmental Education (FEE) where that foundation is currently working with 13,000 schools worldwide He asked us about what we want to do and aspire to be. Taking into account that those present for the talk were a mix of students pursuing their tertiary studies and youth who have just begun the career. It was amazing to listen to the dreams and aspiration of all of them. His question was simple. What are we waiting for? The right opportunity to come our ways?

Mr Anand taught us ways to change our ideas into actions. Among our guest we had a few aspiring entrepreneurs, he also shared his very own business skills, most importantly he made us understand that a huge model is not really as important as the urge and desire of wanting to start something. It was his own personal unique ideas, which was very enlightening to the audience.

He also shared the ways in the area of planning of project and business. The audience also learnt a few tips on hacking our procrastination and laziness habits in

the talk. A number of interesting questions were asked by the guest to the speaker too. The first talk of the series emphasized on the initiation of ideas into action. This is well suited with the start of the Rotaract Year. The RACKL members gained insights on getting our projects done too.



Objective : Stress and Depression Management

Topic : Overcoming Stress and Depression

Date : 22nd September 2012

Speaker : Dr. Hazli

Dr. Hazli is a well experienced psychologist from Malaysian Psychologist Association

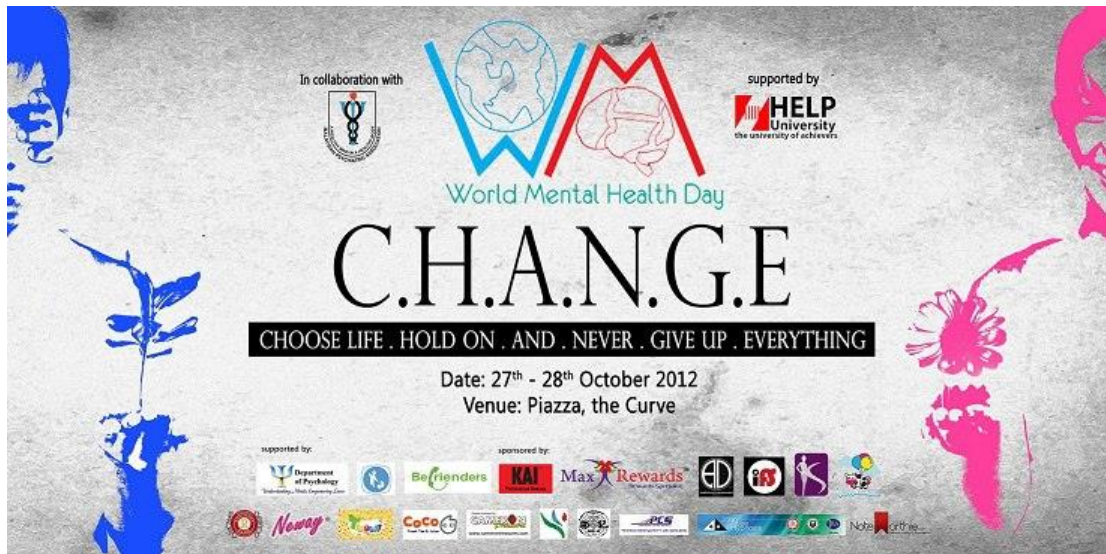
Members : 3

Guests : 15

This talk was done as a part of the project by the psychology students from The HELP University College. They had their annual charity project as part of their final year project. They chose to address the much important and persisting health issue, by creating mental health awareness as the main aim of their project. It was a privilege for The Rotaract Club of Kuala Lumpur to be one of the sponsor for this project. Realizing that stress is one main issue faced by today's youth we invited a psychology lecturer from Help Institute to come and give a speech about stress and depression management. Healthy mind is crucial for a successful person. In directly this paved ways for the institute to create their project awareness among our members and guests.

The speaker, a professor in psychology said people who suffered with psychological sickness were at an alarming ratio of 1 out of 5 in Malaysia. We were able to learn that it is quite common in Malaysia to have people who suffer depression. He show us some ways on how to deal with depression and how to deal with people who suffer this sickness.

He also emphasized that we should visit a Psychologist if we are going through stress and depression. Visiting psychologist does not mean that we are mentally ill, that is the common perspective that most Asian have when it comes to visiting the psychologist's. We also learn that we need good stress management so that we can stretch our achievement in life and there's also bad stress that suffocate our life. The key is to strike a balance in life.



The poster of the World Mental Health Day project by Help Institute. RACKL was one of the sponsor



Objective : Learn social dance/ Building Self Confidence while having Fun

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Topic : Sizzling Salsa

Date : 13th October 2012 and 23rd February 2013

Instructor : Ms. Pip

She is one of the instructor of the known Salsa Studio, Salsa Jay that is situated in Petaling Jaya. This school was established in the year 2003

Members : 5(13th October 2012) and 9 (23rd February 2013)

Guests : 6 (13th October 2012) and 10 (23rd February 2013)

Savvy Youth does not just mean a successful careered youth. We wanted to also kindle the light side of the youth and impart confidence in their lives with this workshop. Pip is from Salsa Jay which is well establish dance class in PJ. Because of the great support and demand of this Salsa Workshop, we organise 2 workshops this year! The workshop was held in a few sections, such as the guy's steps and the women's steps.

Most often we have low self-esteem due to lack of confidence. It took quite a lot of courage to be in a room with many new faces to start picking up dance steps for the first time. That was the feeling most members and guests had when they first came but by the time the instructor carefully lead us into the basic steps we were surprised on the fun and confidence we all had doing the salsa moves. We have among our very own members who have started learning Salsa and it was a treat to watch them perform a number towards the end of these workshops. High self-esteem and confidence can certainly take a person a very long way in life.



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Objective : Learning from Philosophy an effective lifestyle

Topic : 'Introduction of Introducing'

Date : 27th April 2013

Speaker : Mr Han Che

He is a youth who hails from China but has been based in Germany for many years. He has done his degree in Operation Research in The Karlsruhe Institute of Technology Germany. Currently he is working with Infobip that is based in Malaysia. He is a very inspiring and talented.

Members : 6

Guests : 5

Mr Han Che who has lived in Germany has many years of experience in NGO establishment and organizing team building games. He is very knowledgeable and familiar with doing business in Germany. Germany is famous for high quality products, lean manufacturing and innovation prowess. Germans are famous for their professionalism. Many companies in many countries also aim to be perceived as professionals. This often results in long working hours, boring tasks, and demotivated employees.

So what has gone wrong? This was the question he put before us. He shared His first-hand experience and stories. He also allowed us to explore the productivity, effectiveness and efficiency truly requires to emerge and to sustain in today's working world. He surprised us with many very interesting and mind boggling points on philosophical education.

Han Che started of with the history and the origin the human evolution on learning, ie during the Greek times. Then, he elaborated on the experimental learning vs bookish learning, and conclude that experimental learning is more effective to achieve great creative results. He uses well know Icons in Ted.com to emphasis his point of view. He also talked on new creative ways that we can conduct to establish creative

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learning. The audience immensely benefited with his insights a mastery of this subjects at such a young age. He also inspire the audience to have the intensity to practice one skill at a time in this talk. At the end of the talk, he imposed a self-reflecting question that made us think deeper. We will have the privilege to engage in a follow up session of his talks again.



Objective : Learning Working Life of a Profession (Engineer)

Topic : Where am I Headed to Next?

Date : 25th May 2013

Speaker : Mr Vijayakumar Palanimuthu

He is an engineer from a renewable energy company in Shah Alam

Members : 4

Guests : 2

The transition from high school to the next level of education must be deemed the most crucial one. This not only determines almost the future of the person for the rest of their lives but also contributes to their transformation of being leaders of tomorrow. That is why this final talk on this PD series was entitled where am I headed to Next? We certainly feel that this would act as a perfect conclusion to our Savvy Youth theme as by now the previous talks have tackled various aspects and topics that could ensure the development of youths to become savvy.

Our speaker Mr Vijay is from India. He completed his degree in Engineering at the age of 22. He has been working in the field of waste management since. He shared with all present the persistence he had since a very young age of wanting to pursue his studies in the field of engineering. Before he even started college he begun to partake in various activities and talks that further deepen his love and passion in the field of engineering.

He stressed that learning does not stop upon the completion of our studies. He said the learning process continuous even in the working life. We should always have a dream regardless of our age and position, and the quest in order to achieve our dreams should continue and never stop no matter what happens.



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PROJECT IMPACT

The reason why RACKL should be a serious contender for the awards is as follows:

1. In line with the goals of Rotaract and the Rotaract Club Constitution we have explored the aspects of a wholesome learning. Where we have engaged in manifesting ideas into planning and action, learnt about stress management, learn a social dance that further built our self-esteem and confidence, learnt about effective education and got an inside into the lives of a professionals working life.
2. It is very crucial to be an all-rounder in order to stand out and remain in the race of success. This made us to incorporate the fun aspect and also the health aspects into the Savvy Youth PD Talks series. Stress Management and The Salsa Workshop are the ones to be highlighted.
3. Reaching out to youths with Talks by Youths is what we achieved with the talks given by successful youth that have achieved great milestones in lives at a very young age. Our Speakers Mr Anand, Mr Han Che and Mr Vijay are all youths below the age of 30 who were so well know ledged and inspiring to all.

CONCLUSION

The Savvy Youth project has been successfully carried out as part of our RY12/13 integral activity for the Professional Development Avenue. We ourselves gained a lot from this and have much more confidence and inspiration to hold Rotaract activities in a larger scale, to reach out to more Youths and make a difference in their lives

In summary, we have achieved the following.

- Enhanced Management and professional skills
- Learnt the importance of high Self-esteem and Healthy wellbeing.
- Cultivated interested in Rotaract Club among the guests
- Respect the establishment of a profession

We live in an age when to be young and to be indifferent can be no longer synonymous. We must prepare for the coming hour. The claims of the Future are represented by suffering millions; and the Youth of a Nation are the trustees of Posterity.

~ [Benjamin Disraeli](#) (1804-1881) British politician and author.