



# Personal Development Virtual Activities Guide

## Relevant Projects

- On Your Own
- Job Hunting
- Leadership
- Financial Fitness
- Your Best Foot Forward: Etiquette



## Digital Resources

### Ted Talks - Video Library

<https://www.ted.com/talks>

### Leadership & Development Virtual Group Activities

<https://www.sessionlab.com/library/skills>

### Practical Money Skills - Resources, Games & Activities about Money

<https://practicalmoneyskills.com>

### 16 Free Online Personality Quizzes

<https://blog.hubspot.com/marketing/personality-tests>

### Interactive Games about Mental Health

<https://mentalhealthdeltadivision.com/interactive-games/>

### RBC Future Launch at Home - Activities and Resources

<https://bit.ly/3eOkF6N>

## Achievement Day Idea

Using the information learned throughout the project, have members create a five-year plan for themselves. They can develop this in any medium they choose, it could be a written document, a graphic, slideshow or video. Share with students how to set SMART goals and incorporate them into their life. Here are some areas for them to focus on:

- Education
- Finances
- Relationships (Friends & Family)
- 4-H & Extra Curriculars
- Wellness

## Speaker Ideas

- Entrepreneur
- Mental Health Professional
- Philanthropist
- Member of Government
- Accountant or Financial Advisor
- Recent Graduate
- Mortgage Broker/ Real Estate Agent
- Facilitator/Educator

## Activity #1 Virtual Careers Day

Invite a panel of guests to attend one of your meetings to share about their careers, education and life experiences to expose youth to different opportunities for their future. This is a great way to incorporate public speaking as well, have members introduce and thank the guests during the meetings. Try to have a wide variety of careers, in different industries and with varying education and training.

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## Activity #2 Role Models

In small groups (use breakout rooms) or individually, have members select two role models that they look up to. One should be a famous or public figure and the other should be someone they know personally. Ask members to write a list of qualities their role models possess and why they inspire them. Use this exercise to talk about qualities of leaders, leadership styles and future aspirations for leadership.

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## Activity #3 Pitch a Business Plan

In small groups (use breakout rooms) or individually, have members create a potential new business venture. This could be a hypothetical business or an idea they want to implement themselves. Members should include the following details in their plan:

- Mission & Vision
  - Financial Plan
  - Brand & Marketing
  - Goals
  - Timeline
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## Activity #4 Draw Yourself

This activity focused on mental health and wellbeing. Have members create a drawing of themselves at their best and at their worst. Encourage them to think about how they feel, what they think and how they act in both states. Members do not have to share their drawings with the group. That use this activity to de brief with members to talk about how the best version of themselves can help the worst version. This is a great space to talk about mental health, coping strategies and stress management.

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