



# STiPRAM

Sekolah Tinggi Pariwisata Ambarrukmo Yogyakarta



No : 1.6/ST/LPPM-STIPRAM/I/2024  
Perihal : **Penugasan sebagai Narasumber**

Yogyakarta, 3 Januari 2024

## SURAT TUGAS

Kepala Lembaga Penelitian dan Pengabdian kepada Masyarakat Sekolah Tinggi Pariwisata Ambarrukmo Yogyakarta, berdasarkan Surat Koordinator Operasional PKBM Generasi Merdeka (Sekolah Merdeka Yogyakarta) No. 002/SM/I/2024 tanggal 2 Januari 2024, menugaskan kepada:

Nama : Sumiyar Mahanani, S.T., M.M.  
NIDN : 0523047303  
Jabatan : Dosen Tetap

Untuk menjadi **Narasumber** dalam **Kegiatan *Journey to Self: Exploring Personal Growth and Reflection*** yang akan dilaksanakan pada:

Hari/ Tanggal : Rabu, 3 Januari 2024  
Waktu : 09.00 WIB – Selesai  
Tempat : Aula PKBM Generasi Merdeka (Sekolah Merdeka Yogyakarta)  
Kabupaten Sleman

Demikian surat tugas ini diberikan agar dapat dilaksanakan dengan penuh tanggung jawab.

Kepala LPPM



**Kiki Rizki Makiya, S.Psi., M.A., Ph.D.**  
NIDN. 0506108501



**PKBM GENERASI MERDEKA**  
(SEKOLAH MERDEKA YOGYAKARTA)

Ijin Paket A: 503/000011.39.21/001/PKBM/2021 Ijin Paket B: 503/000013.39.21/002/PKBM/2021  
Ijin Paket C: 503/000014.39.21/003/PKBM/2021 NPSN: P9997941

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**SURAT KETERANGAN**

No: 003/SM/I/2024

Yang bertandatangan di bawah ini:

Nama : Alfa Yulita Candra Nugraheni

Jabatan : Koordinator Operasional PKBM Generasi Merdeka (Sekolah Merdeka Yogyakarta)

Menerangkan bahwa:

Nama : Sumiyar Mahanani, ST, MM

Jabatan : Dosen Sekolah Tinggi Ilmu Pariwisata Ambarrukmo Yogyakarta (STIPRAM)

Alamat : Perum Griya Perwita Wisata Blok AS 8, Sleman, Yogyakarta

Telah melaksanakan Pengabdian Masyarakat dalam kegiatan **Pelatihan Pengembangan SDM di PKBM Generasi Merdeka (Sekolah Merdeka Yogyakarta) dengan tema Journey to Self: Exploring Personal Growth and Reflection** sebagai narasumber pada Rabu, 3 Januari 2024.

Demikian surat keterangan ini dibuat untuk dipergunakan sebagaimana mestinya.

Sleman, 4 Januari 2024



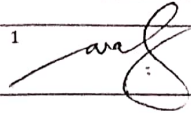
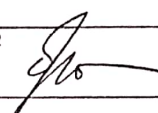
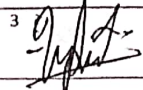
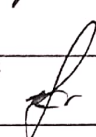

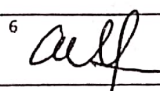

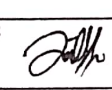



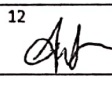


Alfa Yulita C. N

(Koordinator Operasional)





**DAFTAR KEHADIRAN TRAINING FASILITATOR SEKOLAH MERDEKA YOGYAKARTA  
"PERSONAL DEVELOPMENT"**

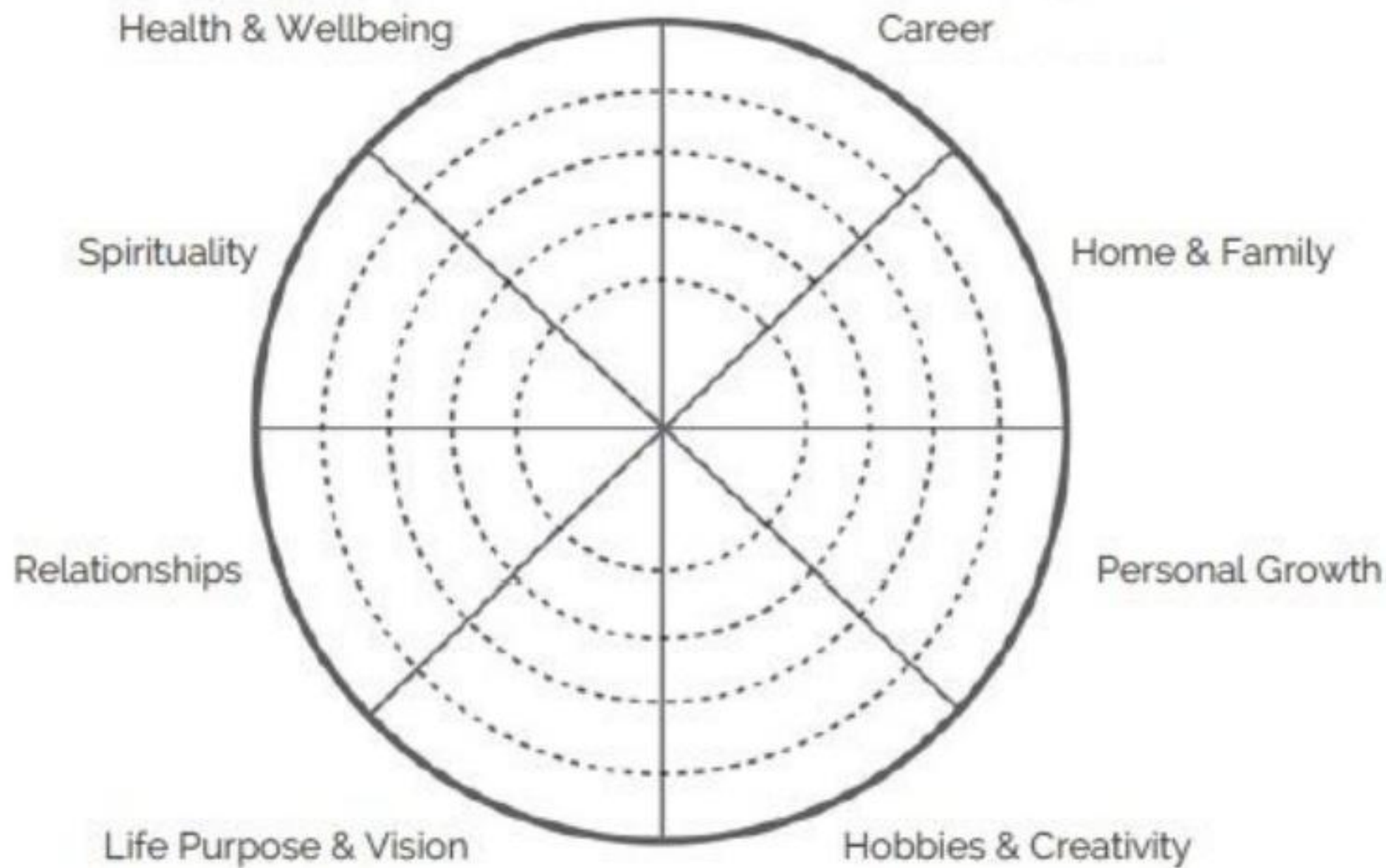
NO.	NAMA	JABATAN	TANDATANGAN
1.	Anastasia Vivi C.	Fasilitator	1 
2.	Nurhasanah	Fasilitator	2 
3.	Nur Isnaini M	Fasilitator	3 
4.	Fadlatul Munawarah	Fasilitator	4 
5.	Meita Siti P.	"	5 
6.	Aulia Karimatu M	"	6 
7.	Marietta Dea Karina	"	7 
8.	Rika Rania P	"	8 
9.	Pragal	"	9 
10.	Ummi Hanifah	"	10 
11.	Indar Yuli	"	11 
12.	M. Ainun Najib	"	12 
13.	Lisa Marwah	"	13 
14.	Sri Utami	"	14 
15.			15
16.			16
17.			17
18.			18

Sleman, 3 Januari 2023  
Koordinator

  
Alfa Yulita

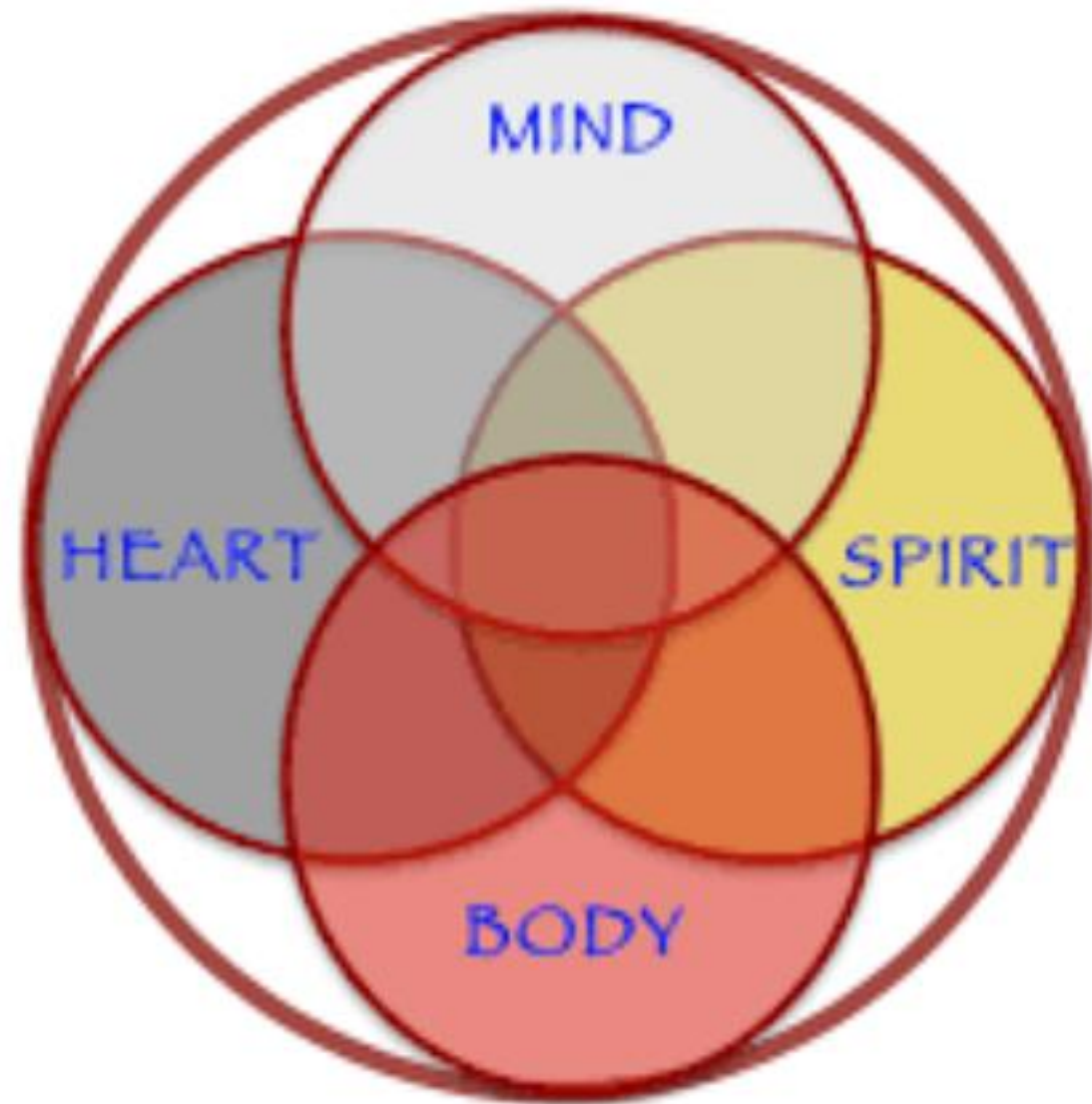
# **Journey to Self: Exploring Personal Growth and Reflection**





# Map of Awareness

Wellness Self-Assessment





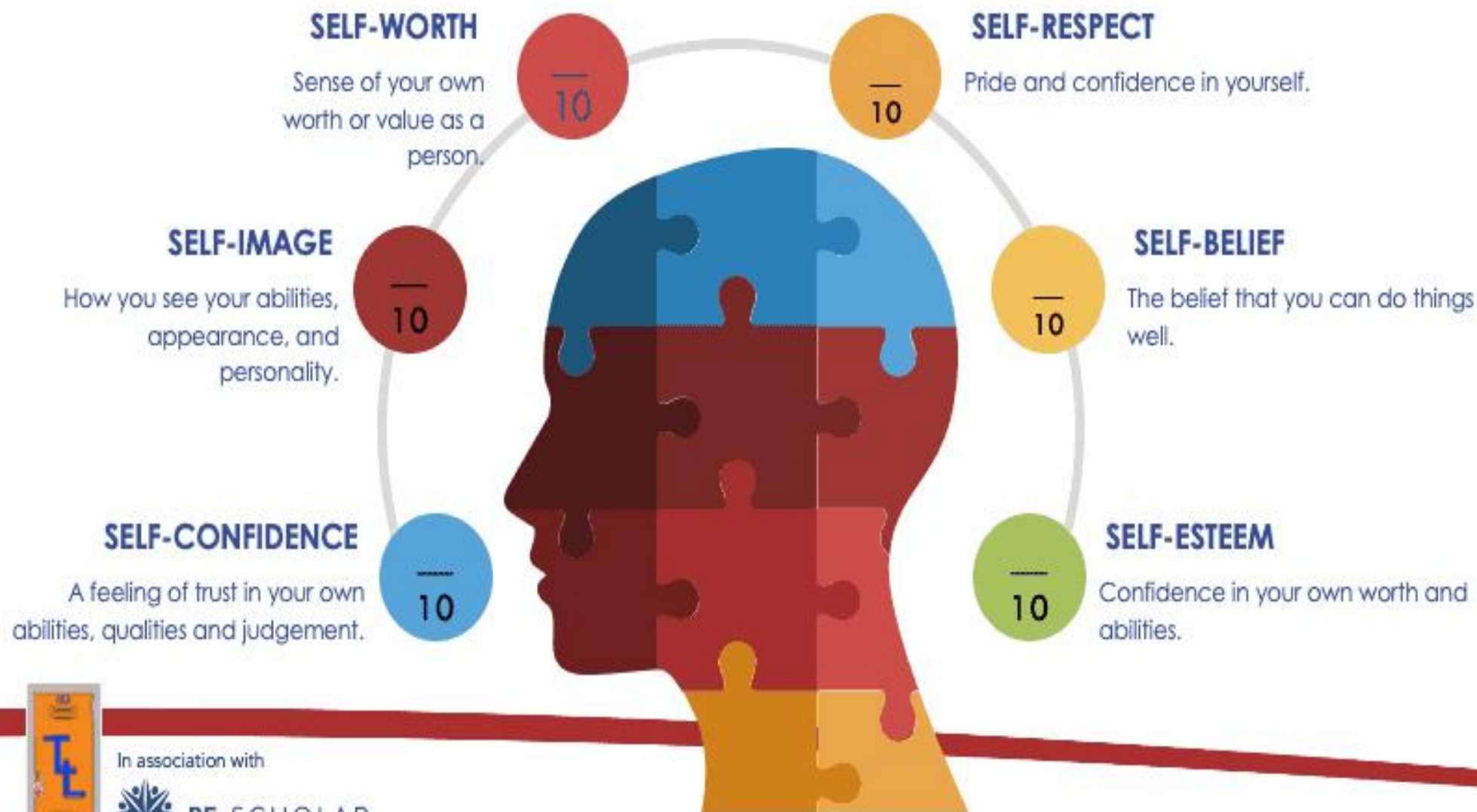


flaws beliefs desires  
strengths personality intentions  
character feelings dislikes values  
likes motivations goals  
habits **Self Awareness** actions  
tendencies qualities thinking patterns  
perceptions thoughts passions  
weaknesses mood sensations needs  
emotions



# Self Reflection

Rate yourself out of 10 on the following attributes



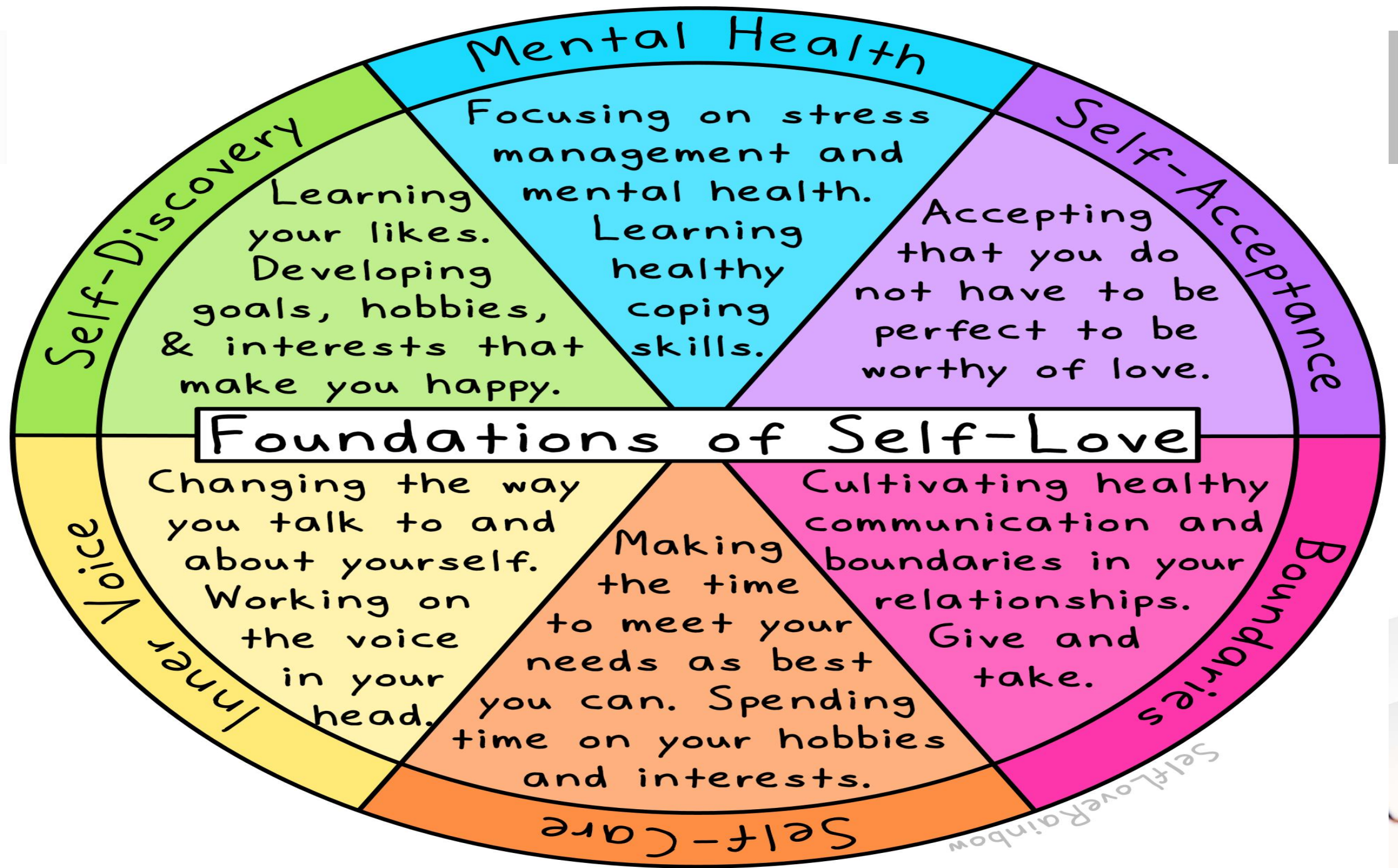
In association with



PE SCHOLAR







SelfLoveRainbow.com



# SELF LOVE

(what it really looks like)





# The Tree of Self-esteem



Effect

Cause



# Accepting Yourself As You Are

1. Be proud of what makes you unique
2. Let go of what you can't change
3. Identify your strengths
4. Think positively
5. Be kind to yourself
6. Find support



spiritual

emotional

PERSONAL  
DEVELOPMENT

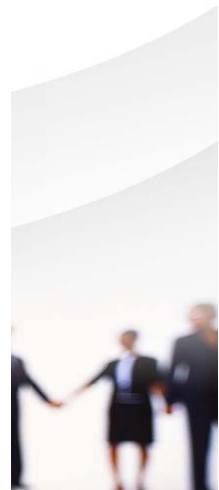
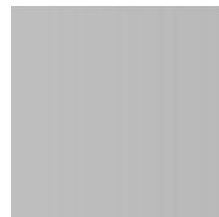
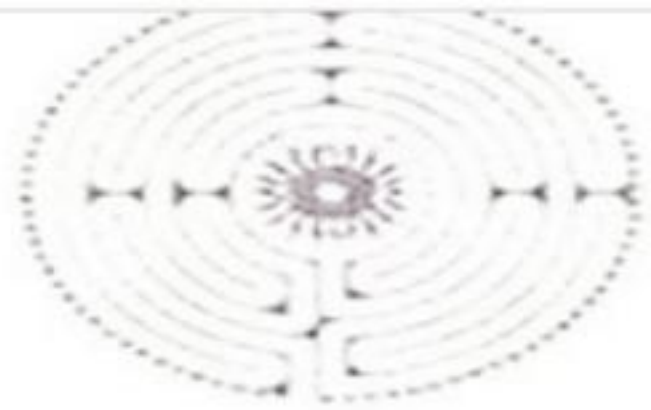
social

mental

physical









# Personal Development

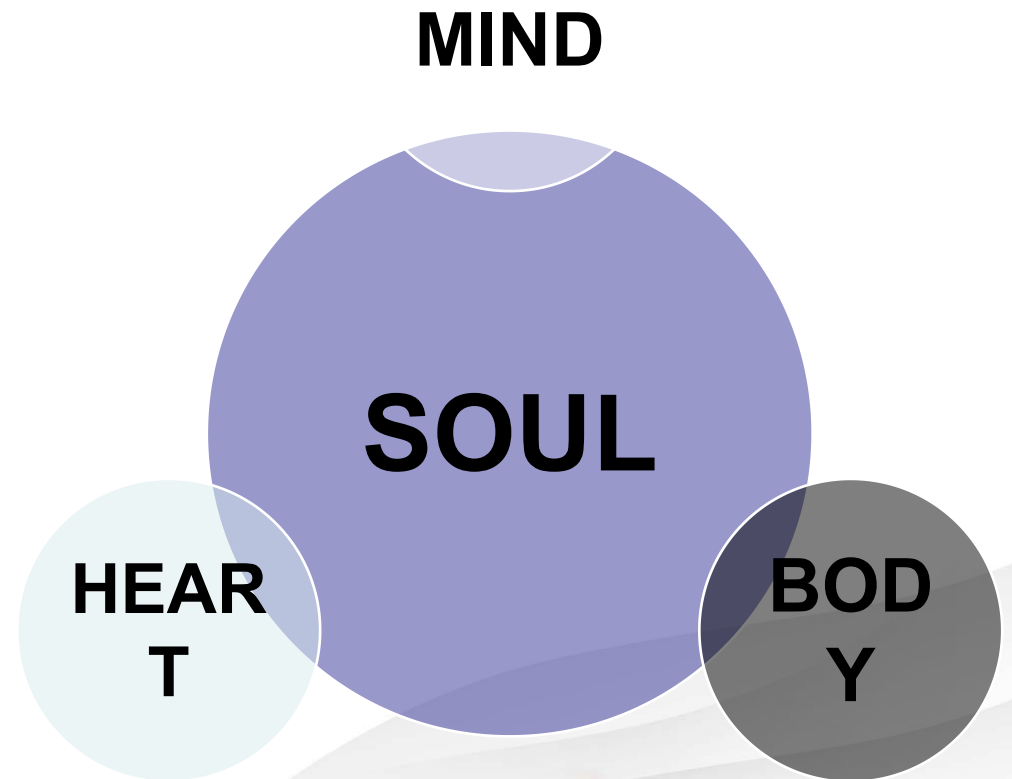
Personal Development is a process of consciously & continuously improving yourself in all aspects of your life.

It is about:

- KNOWING yourself
- DEVELOPING yourself
- ENHANCING yourself
- CHANGING yourself
- DESIGNING & CREATING your life

“You must have **control of the authorship** of your own destiny. The pen that writes your life story must be held in **your own hand**”.

- Irene C. Kassoria -



# Personal Development

**It's a journey, not a destination.**

Nothing needs to hold you back from moving forward in the way that you want to.

**1**



**2**

**Let the past be the past.**

Once you understand its influence on creating your now, it's time to let go..

**Every day is a new day.**

Nothing needs to hold you back from moving forward in the way that you want to.

**3**



**4**

**It is all perfect.**

Whether things look like you thought they would or not, it is all as it should be.



**It is all for you.**

Every little bit of what happens is helping you in your process.

**5**



- “Reflect on your past, embrace the present, and shape a future where you are the architect of your own destiny”

Thank You

