



# LEADERSHIP HIKE



**A Project Of HELP Foundation ®**

A Journey of Leadership,  
Growth and Inspiration



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# Founder's Message



We envisioned more than just a physical journey. We envisioned a movement. Leadership Hike is about challenging limits, embracing discomfort, building resilience, and unlocking the leader within every individual. In nature's raw beauty and among supportive peers, we learn lessons no classroom can teach: empathy, endurance, communication, courage, and collaboration.



**Malik Usama Shafiq**  
Founder Leadership Hike





# Founder's Message



This initiative was born out of a deep belief that leadership is not a title — it's a mindset and a lifestyle. Whether you're a student, a professional, or simply someone seeking purpose, Leadership Hike offers you the space to grow, reflect, and lead from within.



**Sardar Najeeb Yousaf**  
*Chairman HELP Foundation*





# About Leadership Hike



*Leadership Hike is more than just a walk through nature — it's a journey of self-discovery, growth, and connection. Designed to empower young individuals, this unique experience combines physical activity with personal development, aiming to unlock leadership potential in an environment that inspires clarity, courage, and confidence.*

Set against the backdrop of serene natural landscapes, Leadership Hike brings together passionate youth, emerging leaders, and changemakers for a day of meaningful conversations, challenges, and reflection. Through guided hikes, interactive sessions, and team-based activities, participants learn to push their limits, build resilience, and connect deeply with both themselves and others.

Whether you're a student, a young professional, or simply someone looking to break routine and explore your inner strengths — Leadership Hike offers the perfect platform to grow, lead, and transform.





# CORE TEAM



***Sudais Nangyal***  
*Director of Media*



**M. Ghayas Khan**  
CEO



**Hijab Nasir**  
Head Of Graphics



**Narmeen Husnain**  
Communication Coordinator



**Shoaib Sajid**  
COO



***Muhammad Abdul Basit***  
*Director Marketing*



***Umaima Rafique***  
*Website Operations Head*



**Zoha Niaz**  
Director SM Operation



**Ayesha Noor Us Sabah**  
*Director of Writing Department*



**Bisma Khan**  
Dty Head SM



# Honoring Effort, Inspiring Greatness



At Leadership Hike, we believe that every small step towards growth deserves recognition. These medals and awards are not just symbols of achievement — they are reminders of courage, teamwork, and the willingness to lead. Whether it's overcoming a tough trail, showing exceptional spirit, or helping a fellow hiker, we celebrate every act of leadership and resilience. Each award carries a story of someone who chose growth over comfort and leadership over silence. Through these acknowledgments, we aim to inspire others to rise, lead, and make a difference — not just during the hike, but in life.



# Awards and Medals



Emerging Youth Leader



Speaker of the Event



Best Story Teller



Trail Spirit



Push-up Competition



# Where Leaders Meet Leaders



Leadership Hike is not just an event — it's a space where minds meet, ideas spark, and meaningful relationships begin. Surrounded by passionate, like-minded individuals, participants get the chance to learn not only from mentors and trainers, but also from each other. Every conversation, every shared challenge, and every team task is an opportunity to grow — both personally and professionally.

This environment encourages open communication, collaborative learning, and the building of a strong peer network that extends beyond the hike. Whether you're an aspiring leader, a changemaker, or someone seeking positive energy, Leadership Hike offers the perfect ground to connect with those who share your drive, values, and vision.





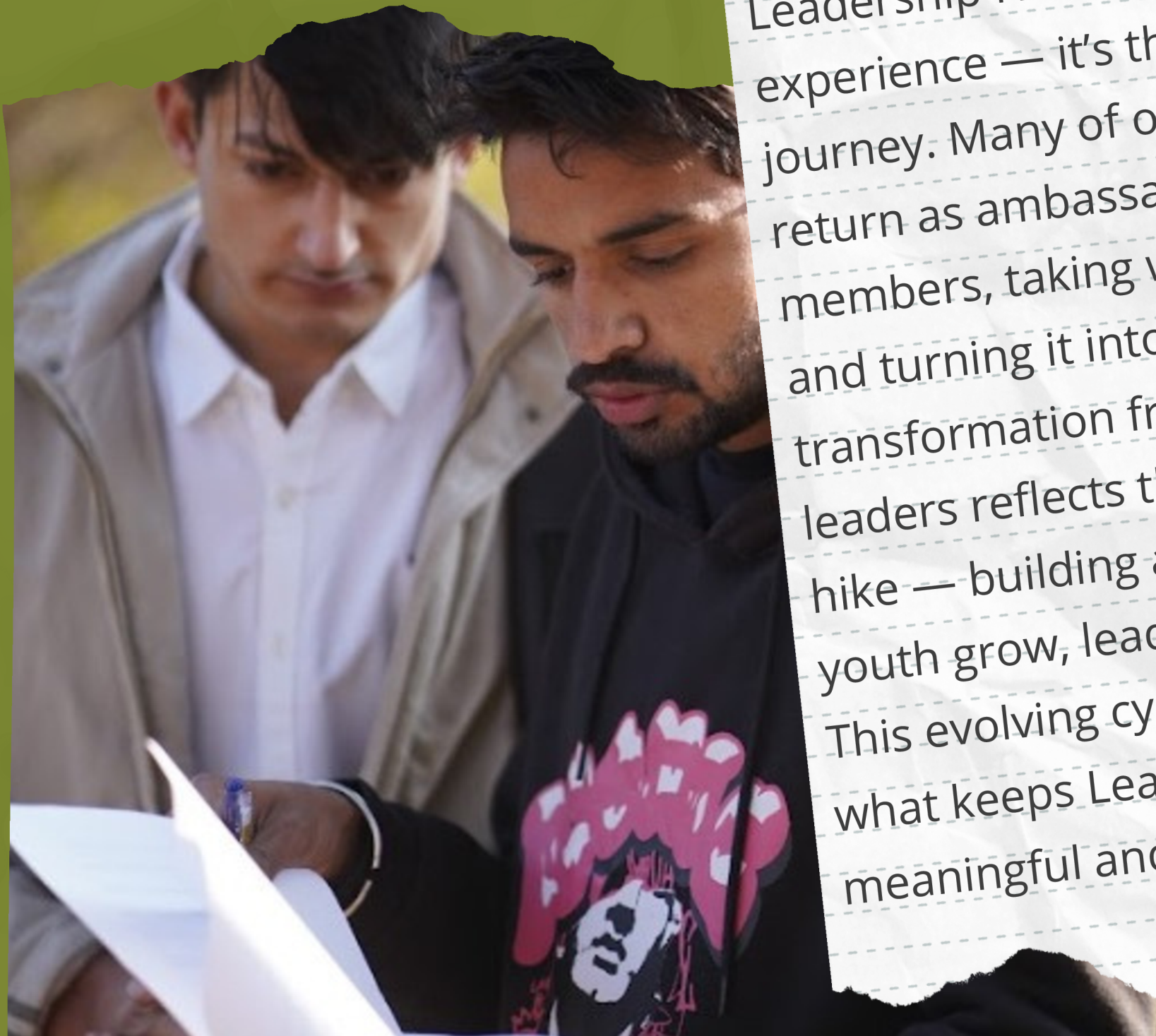
# Glimpses from the Trail of Leadership





# Growth Begins Within the Team

Leadership Hike is not just a one-time experience — it's the beginning of a journey. Many of our participants return as ambassadors and core team members, taking what they've learned and turning it into action. Their transformation from learners to leaders reflects the true impact of the hike — building a community where youth grow, lead, and inspire others. This evolving cycle of empowerment is what keeps Leadership Hike meaningful and alive.





# Strong Minds, Strong Bodies

Physical activities are a vital part of the Leadership Hike experience — not just for fitness, but for building the mindset of a leader. From hiking rugged trails to engaging in group challenges, every movement is designed to develop discipline, focus, and resilience. These activities test endurance, encourage teamwork, and help participants step beyond their comfort zones.

In nature's classroom, each step teaches a lesson: about persistence, patience, and personal power. Whether it's climbing uphill or supporting a teammate, the physical journey reflects the mental one — pushing boundaries and discovering what true leadership feels like.





# Speak to Lead Lead to Inspire



To encourage confident, communication and leadership thinking, participants are given a thought-provoking topic related to leadership, purpose, or growth. The one who delivers the most impactful, clear, and inspiring talk is honored with the “Speaker of the Event” award. This moment not only recognizes talent but empowers young minds to express their vision with clarity and courage.



# Every Voice Matters. Every Story Inspires



Every participant has a story — and at Leadership Hike, we make space to hear them. During our open mic sessions, participants are encouraged to share personal experiences, struggles, and lessons. The most heartfelt and inspiring stories are awarded with Storyteller Medals, celebrating authenticity, vulnerability, and the power of lived experiences. These stories remind us that leadership often begins with the courage to be real.



# Final Thought of Leadership Hike

It's an experience that transforms not just perspectives, but lives. Whether you seek growth, connection, or clarity in your purpose — Leadership Hike is where your journey begins.

Join us, and be part of a movement that empowers, uplifts, and leads with heart. The next chapter is waiting — are you ready to hike with us?





# **Partner With Us — Become a Sponsor**

**At Leadership Hike, we believe in shaping tomorrow's leaders through real experiences, meaningful challenges, and impactful connections. With each chapter, we reach passionate youth who are ready to grow, lead, and serve their communities.**

**But we can't do it alone.**

**Your sponsorship is more than financial support — it's an investment in youth empowerment, community development, and national progress. By partnering with us, you'll not only align your brand with purpose-driven leadership but also contribute directly to nurturing the next generation of changemakers.**