

The Challenge:

LEARN ONE NEW SKILL

Pick one skill.
Big or small.
Work-related or
just for fun.
Then dive in.

The “Why”

Learning doesn't end when you graduate school. It's a lifelong venture.

Every time you learn something new, your brain builds new connections, your confidence grows, and your perspective expands.

Learn one new skill. Whether it's a tool to help you level up professionally, a creative hobby you've always wanted to try, or something that just feels exciting — now's the time.

Now is the perfect season to step outside your comfort zone.

Why Learning Should Never Stop

Every time you learn something new, your brain builds new connections, your confidence grows, and your perspective expands.

Here's why learning still matters, no matter your age or stage:

- It keeps your brain sharp
- It keeps you relevant in a changing world
- It boosts your confidence
- It makes life more interesting
- It fuels your professional growth

It helps you grow: Professionally. Personally. Emotionally. Every skill you pick up expands your possibilities.

Learn a New Skill This Summer

Summer isn't just for vacations, it's for transformation.

It's the perfect time to explore, grow, and challenge yourself with something new.

We believe learning is a lifelong adventure — and summer is the perfect time to get out of your comfort zone. This summer, we're challenging YOU (and ourselves) to try something new — and share the journey.

Will it be:

- A professional skill to help you level up at work?
- A creative hobby you've always wanted to try?
- A wellness practice to help you reset?
- A language or culture that expands your world?



Pro-Dev Challenge

Professionally Relevant Opportunity
Development ~ Experience ~ Value

LEARN A NEW SKILL

Types of Skills

Professional Skills

These are ideal for those who are looking to boost their career, stand out in the workplace, or stay competitive:

- Public Speaking
- Learning Excel or Notion
- Project management tips
- Canva Basics or AI Tools

Small steps in upskilling can lead to big confidence and professional growth.

Creative Skills

They're perfect for relaxing the mind, building emotional resilience, or simply having fun:

- Drawing, Painting, or Calligraphy
- Playing an instrument
- Journaling or Poetry Writing
- Podcasting or Video Editing
- DIY or crafts

Creative play improves focus, emotional intelligence, and self-expression.

Active / Lifestyle Skills

These keep the body and mind aligned:

- Try hiking or a solo trip
- Yoga or Dance Class
- Gardening
- Cooking New Cuisine

Lifestyle skills promote balance, health, and joy. Growth doesn't have to be goal-driven — it can be nourishing too.

Learning something new doesn't have to be big. Just meaningful! **What new skill will you challenge yourself to learn?** Share it with us!



Share your feedback from the LEARN A NEW SKILL challenge!
Send an email to kala@kalamentoring.com