

# NEWS REPORT

## YPF CANADA 2025

AUG 5th-8th, 2025

Centennial College Residence & Conference  
Centre, Toronto, Downtown





# EVENT SUMMARY

The Young Professional Fellowship Canada 2025 brought together emerging leaders from across the globe in Toronto to engage in meaningful dialogue and practical learning. Over three days, participants explored major global challenges through structured sessions on youth mental health, social justice, and diplomatic careers. They took part in leadership exercises, team-building activities, and interactive discussions designed to strengthen problem-solving and strategic decision-making. **Expert speakers** shared evidence-based insights that connected global issues to actionable solutions. Moreover, delegates represented their countries through cultural walks, enhancing mutual respect and global awareness.



Cultural immersion, including visits to Niagara Falls, Central Island, and local culinary landmarks, provided a deeper sense of place and shared experience. Informal networking **allowed participants to form connections that extended beyond the fellowship.** The program balanced professional learning with personal growth, ensuring every activity had purpose and impact. By the conclusion, delegates had exchanged ideas and aspirations shaped by diverse perspectives. YPF Canada 2025 stood as a platform where knowledge, culture, and leadership converged to prepare young leaders for meaningful contributions worldwide.



## MESSAGE FROM THE **ORGANIZING COMMITTEE**

"Organizing the Young Professional Fellowship Canada 2025 was both a challenge and a privilege. Coordinating logistics, content, and cultural elements for a truly global group required careful planning and adaptability at every stage. Yet, each challenge was met with purpose, as the energy and commitment of our delegates gave every effort meaning. It was their curiosity and willingness to collaborate that turned this fellowship into an impactful journey rather than just a program. Watching participants exchange ideas, build networks, and grow as leaders reaffirmed why initiatives like this matter. The diversity of voices and the unity of purpose created an environment that exceeded our expectations. For us, the success of this fellowship lies not in the sessions delivered but in the relationships and insights carried forward by every delegate"

### **TOPICS OF DISCUSSION**

- The Rise of Mental Health Issues in Young People: Where do the Causes and Solutions Lie?
- Unleashing Youth Leadership: Driving Positive Change and Advancing the UNSDGs.
- Empowering Youth in Diplomacy and Governance: Shaping the Future of Global Leadership.
- Redefining Success: How can Next-Generation Leaders Thrive Without Burnout and Build Productive Teams.





## THEME OF THE FELLOWSHIP

“EMPOWERING GLOBAL YOUTH THROUGH LEADERSHIP AND DIPLOMACY FOR A MORE INCLUSIVE FUTURE”

## FELLOWSHIP AIMS

- Strengthen youth leadership by providing practical skills for decision-making and collaboration.
- Promote cross-cultural understanding through dialogue and shared experiences.
- Address global challenges by exploring mental health, diplomacy and social justice.
- Inspire community leadership by equipping young people with the confidence and skills to create positive local impact.
- Enhance digital literacy to empower young people with critical thinking and responsible technology use.





# DAY 1

The Young Professional Fellowship Canada 2025 officially commenced on Tuesday, August 5, with the arrival of delegates at the designated residence. The check-in process was managed by the Young Professional Fellowship (YPF) team, ensuring a smooth and organized start to the program. Delegates were greeted, assisted with accommodation details, and provided clear instructions regarding schedule for the days ahead.



As part of the registration, each participant received official merchandise and identification materials. These items served both practical and organizational purposes, equipping delegates with the information and resources required to navigate the fellowship efficiently. The careful distribution of materials also reflected the emphasis placed on maintaining consistency and professionalism throughout the event.



Following the initial formalities, delegates were given time to settle into their accommodations. This period allowed for rest after travel, informal interaction with fellow participants, and an opportunity to familiarize themselves with the environment. The YPF team remained available throughout to address questions and provide assistance where needed, ensuring that every delegate felt informed and prepared for the program's commencement.

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# DAY 2

The second day of the Young Professional Fellowship Canada marked the formal start of structured learning and leadership development. The morning began with the delegates entering the venue, settling in, and preparing for the day's sessions. This period provided an opportunity to network, orient themselves within the event setting, and establish the professional yet collaborative tone that would guide the remainder of the fellowship.

## WELCOME CEREMONY

The Welcome Ceremony introduced participants to the journey and achievements of the Young Professional Fellowship. A live performance by Sophia Angelica, a distinguished singer and artist from the United States, added an artistic dimension to the opening, offering a unifying moment that set a thoughtful and inspiring mood for the day. Immediately following, the orientation session delivered by the YPF team outlined the fellowship's purpose and expected outcomes. The presentation detailed how YPF organizes international platforms including expert-led training, and leadership-focused activities to empower young professionals to engage meaningfully with pressing global issues. Objectives specific to the Canada 2025 edition were presented, along with a clear roadmap of what participants could expect in the coming days.





## ICE BREAKING

Delegates then participated in an introductory and ice-breaking segment designed to build comfort and familiarity among peers. Participants introduced themselves, shared personal and cultural backgrounds, and exchanged perspectives on their professional journeys. This activity not only strengthened interpersonal connections but also underscored the fellowship's commitment to diversity, mutual respect, and inclusive dialogue.



## KEYNOTE ADDRESS

The day's formal proceedings advanced with a keynote address by Mr. Muhammad Ahmad, Vice Chairman of YPF, who delivered a session under the theme "Joining Politics for Change." In his remarks, Mr. Ahmad urged delegates to consider politics not as a distant or intimidating domain, but as a necessary platform for influencing policy, protecting civic values, and delivering meaningful reform. He emphasized the principle that meaningful change requires individual initiative and collective responsibility, reminding delegates that leadership begins with the willingness to act. His address framed politics as a tool of opportunity rather than limitation, challenging participants to reimagine their roles as proactive contributors to governance and social progress. His conclusion served as both a call to action and a reminder of accountability: transformation is neither accidental nor external; it begins with those prepared to lead.



## SESSION BY NADA

Building on this momentum, the first thematic session of the day, “The Rise of Mental Health Issues in Young People: Where do the Causes and Solutions Lie?”, was delivered by mental health advocate Nada Habib. The session offered a critical examination of the distinction between mental health and mental illness, explored the societal and personal pressures affecting today’s youth, and underscored the urgency of early intervention. Factors such as academic demands, career competition, hustle culture, and toxic work environments were discussed in depth, contextualizing the growing prevalence of mental health challenges. The advice to approach social media use with intention was particularly relevant, reinforcing the importance of purposeful digital engagement in safeguarding mental well-being.

## ACTIVITY

This was followed by an interactive ice-breaking activity, “The Leadership Chain,” in which delegates worked in small groups to identify their leadership strengths, connect them with those of their teammates, and collectively form a symbolic chain of complementary abilities. The exercise not only enhanced self-confidence and team cohesion but also served as a practical demonstration of how diverse skill sets, when aligned, create stronger and more effective leadership teams.





## PROJECTS PRESENTATION

The day concluded with a series of Social Project Presentations, during which delegates shared the initiatives they had been leading within their home countries and communities. Projects spanned issues such as climate change, education access, health advocacy, and other challenges aligned with the United Nations Sustainable Development Goals. Each presentation received acknowledgment and constructive input, while offering participants valuable opportunities to network with peers who shared their passions or could support future collaboration.



Closing proceedings for the day included a brief ceremony, group photographs, and informal discussions that reinforced the sense of shared purpose among participants. The comprehensive programme of Day 2 successfully balanced orientation, knowledge exchange, practical leadership exercises, and peer-to-peer recognition, providing a strong foundation for the fellowship's subsequent sessions.



# DAY 3

The third day of the Young Professional Fellowship Canada carried forward the momentum of the previous sessions, transitioning from foundational orientation to in-depth discussions on diplomacy, governance, sustainable leadership, and cultural expression. The morning began with delegates arriving at the venue, taking time to reconnect with peers, exchange observations from previous sessions, and prepare for another full day of structured engagement.

The day formally opened with a wellness session led by Mr. Imran Dar, an experienced coach who introduced practical approaches for maintaining balance, mental clarity, and focus in high-pressure leadership environments. The session emphasized that personal well-being is an essential prerequisite for effective decision-making and sustained professional growth. Through guided exercises, delegates explored strategies for reducing stress and maintaining productivity without compromising personal health or organizational standards.





Following this, a key thematic session, “Empowering Youth in Diplomacy and Governance: Shaping the Future of Global Leadership,” was delivered by Alicia YH Wang and Fsaht Ul Hassan. The discussion addressed the evolving role of youth in shaping global policy and governance frameworks. Delegates were encouraged to view themselves not simply as future leaders, but as active contributors to the present global agenda. The session highlighted the importance of adaptability, cultural literacy, and the ability to navigate multiple forms of communication, linguistic, cultural, and digital, to build meaningful influence.



A structured discussion provided a practical framework for diplomatic engagement: presenting origins with confidence, communicating ideas with clarity, and using empathy to build trust. Delegates reflected on essential questions: How does one genuinely understand diverse perspectives? How can one position themselves to bridge differences constructively? The discussion reinforced that influence grows from the depth of relationships cultivated, and that resilience in leadership is closely tied to networks built on authenticity and mutual respect.

A brief coffee break provided time for informal conversations and interviews, capturing delegates' insights and personal reflections on the fellowship experience thus far.



The next segment, “Redefining Success: How can the Next Generation of Leaders Thrive without Burnout and Build Productive Teams,” shifted the focus to sustainable professional growth. The workshop, led by certified Soul and Purpose Coach Vanessa R. Pereira, combined theoretical discussion with practical exercises. Delegates explored their evolving definitions of success, identified the personal and professional shifts required to align with their goals, and distilled their leadership purpose into concise, actionable statements.



Key takeaways included the necessity of setting boundaries, seeking guidance, creating space for solitude, and maintaining consistent progress tracking. The session also addressed the need to balance ambition with sustainability, encouraging participants to practice saying no, delegate effectively, and prioritize mental clarity as a leadership tool.



After a scheduled lunch break and further delegate interviews, the afternoon transitioned to a creative workshop, “How can Acting and Music Build Self-Confidence?” facilitated by Susan Rybin and Sophia Angelica. This session demonstrated how performance arts can be applied as tools for leadership development, using music and acting exercises to help participants strengthen communication, authenticity, and personal presence. Delegates were encouraged to research the people and audiences they engage with, believe fully in their own message, and use creativity as a bridge to connect across cultural and linguistic boundaries. The workshop’s interactive nature encouraged participants to step outside their usual professional environments, engage openly, and rediscover the value of self-expression as an element of leadership credibility.

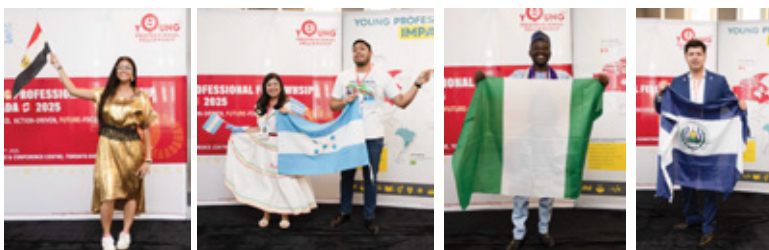




The later portion of the day was dedicated to the remaining social project presentations. Delegates showcased initiatives from their home countries, presenting work on education, climate action, civic participation, and other areas aligned with the United Nations Sustainable Development Goals



The day's closing segment highlighted cultural representation and formal recognition. Delegates participated in a cultural walk, presenting their national attire as a symbolic celebration of global diversity and shared purpose. The event featured an address by Honourable Bardish Chagger, Member of Parliament for Waterloo , Canada. Her speech delivered a clear and deeply personal perspective on inclusive leadership, community responsibility, and ethical public service. She emphasized the importance of remaining anchored in one's values while navigating public life, challenging delegates to consider leadership as service rather than status. Her remarks left a significant impact, serving as both a recognition of the fellowship's mission and an inspiration to those present.





# DAY 4

The fellowship closed with a Farewell Breakfast, where participants reflected on shared experiences, exchanged commitments to collaboration, and celebrated the bonds formed over four impactful days. The cultural immersion in Toronto, including visits to Niagara Falls, Central Island, and iconic local spots such as Tim Hortons and BeaverTails, added depth to the experience, grounding professional exchange in shared exploration and joy. Following the breakfast, delegates checked out, carrying forward not only memories but also renewed purpose, strengthened networks, and concrete plans for future engagement.



## CONCLUSION

In reflection, the YPF Canada 2025 Fellowship reaffirmed the power of youth voices, the necessity of intentional leadership, and the centrality of mental health literacy in preparing future leaders. By combining evidence-based discussions, interactive leadership exercises, and cultural exchange, it created an environment where emerging leaders could sharpen their skills, nurture resilience, and commit to inclusive, sustainable impact.

## KEY TAKEAWAYS

- Learning that addressing youth mental health demands structural change beyond counseling.
- Realizing that real impact comes when leadership connects with policy, not just projects.
- Understanding that diplomacy's strength lies in trust-building before pursuing authority.

- Recognizing that sustainable leadership means valuing rest as much as ambition.
  - Equipped 80+ young leaders from 20+ nations with practical insights on mental health literacy, ethical leadership, and future-ready diplomacy.
  - Delivered practical leadership scenario-based exercises that sharpened decision-making and team-building abilities.
  - Facilitated meaningful cultural exchanges that deepened mutual understanding and collaboration across diverse backgrounds.
  - Established a connected network of emerging leaders committed to inclusive governance, sustainable growth and peace-driven initiatives.
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This report is compiled and written by Alya Farooq with valuable contributions from Pankhuri Jain and Maria Fernanda.