

TRUE NORTH LEADERSHIP

PROGRAM SCHEDULE DAYS 1 & 2

Sunday, October 14

12:00 – 3:00 PM	Arrivals & Registration
3:00 – 3:20 PM	Introduction to Leading an Authentic Life
3:20 – 3:30 PM	Centering Exercise
3:30 – 5:00 PM	Session I What's Your Life Story?
5:00 – 5:15 PM	Introduction to Leadership Circles
5:15 – 6:00 PM	Reception
6:00 – 7:30 PM	Dinner
7:30 – 9:30 PM	Leadership Circle I Contract and My Life Story

Monday, October 15

7:00 – 8:00 AM	Breakfast
8:00 – 8:30 AM	Introduction to Mindfulness and Guided Meditation
8:30 – 10:00 AM	Session II Crucibles of Leadership
10:00 – 10:30 AM	Break
10:30 AM – 12:30 PM	Leadership Circle II My Greatest Crucible
12:30 – 1:30 PM	Lunch
1:30 – 2:30 PM	Session III Developing EQ and Self-Awareness
2:30 – 3:00 PM	Break
3:00 – 5:00 PM	Leadership Circle III Developing Your EQ and Self-Awareness
5:00 – 6:00 PM	Guided Nature Walk
6:00 – 7:30 PM	Dinner

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PROGRAM SCHEDULE DAYS 3 & 4

Tuesday, October 16

7:00 – 7:30 AM	Yoga (optional)
7:30 – 8:30 AM	Breakfast
8:30 – 10:00 AM	Session IV Leading with Values
10:00 – 10:30 AM	Break
10:30 AM – 12:00 PM	Leadership Circle IV Leading with Values
12:00 – 1:00 PM	Lunch
1:00 – 2:30 PM	Session V Finding Your Sweet Spot
2:30 – 3:00 PM	Break
3:00 – 4:30 PM	Leadership Circle V Finding My Sweet Spot
5:00 – 6:00 PM	Planned Activity TBD
6:00 – 7:30 PM	Dinner
7:30 – 8:30 PM	Panel Discussion Whole Life Living: Mind, Body, and Spirit

Wednesday, October 17

7:00 – 7:30 AM	Tai Chi (optional)
7:30 – 8:30 AM	Breakfast
8:30 – 10:00 AM	Session VI Leading an Integrated Life
10:00 – 10:30 AM	Break
10:30 AM – 12:00 PM	Leadership Circle VI My Integrated Life
12:00 – 1:00 PM	Lunch
1:00 – 2:30 PM	Session VII Difficult Conversations: Dealing with Conflict, Vulnerability, and Feedback
2:30 – 3:00 PM	Break
3:00 – 4:30 PM	Leadership Circle VII Disclosure, Inquiry, Feedback, and Conflict Exercises
4:30 – 6:00 PM	Time at Spa, Massage (Fee-Based), Fitness Center, or Infinity-Edge Hot Tub
6:00 – 7:30 PM	Dinner

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PROGRAM SCHEDULE DAYS 5 & 6

Thursday, October 18

7:00 – 7:30 AM	Pilates (optional)
7:30 – 8:30 AM	Breakfast
8:30 – 10:00 AM	Session VIII Leading with Purpose
10:00 – 10:30 AM	Break
10:30 AM – 12:00 PM	Leadership Circle VIII The Purpose of My Leadership
12:00 – 1:00 PM	Lunch
1:00 – 2:30 PM	Session IX Empowering Your Team
2:30 – 3:00 PM	Break
3:00 – 4:30 PM	Leadership Circle IX Empowering My Team
4:30 – 6:30 PM	Nature Walk, Free Time for Exercise or Consultation with Faculty
6:30 – 7:00 PM	Reception
7:00 – 8:30 PM	Final Dinner with Guest Speaker

Friday, October 19

6:00 – 7:00 AM	Meditation and Yoga (optional)
7:00 – 8:00 AM	Breakfast
8:00 – 9:15 AM	Session X Becoming an Exceptional Authentic Leader
9:15 – 11:15 AM	Leadership Circle X My Leadership Development Plan (with Feedback)
11:15 AM – 12:00 PM	Final Class Leading Toward a Better World
12:00 – 1:00 PM	Lunch