

2019 True North Leadership Schedule (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	7:00 AM – 8:00 AM Breakfast	6:45 AM – 7:45 AM Yoga Supplementary Clas	6:45 AM – 7:45 AM Pilates Supplementary Class	6:45 AM – 7:45 AM Yoga Supplementary Class	6:00 AM – 7:00 AM Exercise on your own Walk, Hike, Fitness Center, etc.
	8:00 AM – 8:30 AM Intro to Mindfulness & Guided Meditation	7:45 AM – 8:30 AM Breakfast	7:45 AM – 8:30 AM Breakfast	7:45 AM – 8:30 AM Breakfast	7:00 AM – 8:00 AM Breakfast
	8:30 AM – 10:00 AM Session II: Crucibles of Leadership with Bill George	8:30 AM – 10:00 AM Session IV: Leading with Values with Brig. Gen. Dana H. Born	8:30 AM – 10:00 AM Session VI: Personal Purpose	8:30 AM – 10:00 AM Session VII: Living an Integrated Life	8:00 AM - 9:15 AM Session IX: Becoming an Exceptional Authentic Leader with Bill George & Scott Kriens
	10:00 AM – 10:30 AM Break	10:00 AM – 10:30 AM Break	10:00 AM – 10:30 AM Break	10:00 AM – 10:30 AM Break	9:15 AM - 9:30 AM Break
	10:30 AM – 12:00 PM LC II: My Greatest Crucible	10:30 AM – 12:00 PM LC IV: Leading with Values	10:30 AM – 12:00 PM LC VI: Personal Purpose	10:30 AM – 12:00 PM LC VII: Living an Integrated Life	9:30 AM – 11:15 AM LC IX: My Professional Leadership Development Plan (with Feedback)
12:00 PM – 3:00 PM Arrivals & Registration	12:00 PM – 1:00 PM Lunch	12:00 PM – 1:00 PM Lunch	12:00 PM – 1:00 PM Lunch	12:00 PM – 1:00 PM Lunch	11:15 AM – 11:30 AM Break
	1:00 PM – 2:30 PM Session III: Introspection with Michelle Maldonado	1:00 PM – 2:30 PM Session V: Finding Your “Sweet Spot” with Brig. Gen. Dana H. Born		1:00 PM – 2:30 PM Session VIII: Energy with Scott Kriens	11:30 AM – 12:15 PM Final Session: Leading Toward a Better World with Bill George & Scot Kriens

3:00 PM – 3:15 PM Centering Exercise & 1440 Welcome with Scott Kriens	2:30 PM – 3:00 PM Break	2:30 PM – 3:00 PM Break	2:30 PM – 3:00 PM Break	2:30 PM – 3:00 PM Break	12:30 PM Lunch & Program Adjournment
3:15 PM – 3:30 PM Introduction to Leading an Authentic Life with Bill George	3:00 PM – 5:00 PM LC III: Introspection	3:00 PM – 4:30 PM LC V: Finding Your “Sweet Spot”	3:00 PM – 4:30 PM	3:00 PM – 4:30 PM LC VIII: Energy	
3:30 PM – 5:00 PM Session I: What’s Your Life Story? with Bill George	5:00 PM – 6:00 PM Activity with LC Groups (location TBD) with TNL Teach	4:30 PM – 6:00 PM Free Time Nature Walk, Exercise, or Supplementary Class	4:30 PM - 6:00 PM Free Time Massage, Fitness Center, Infinity-edge Hot Tub, or Supplementary Class	4:30 PM – 5:15 PM Free Time	
5:00 PM – 5:15 PM Introduction to Leadership Circles (LC) with Scott Kriens	6:00 PM – 7:30 PM Dinner	6:00 PM – 7:30 PM Dinner	6:00 PM – 7:30 PM Dinner	5:15 PM – 6:15 PM Healthy Eating Teaching Kitchen	
5:15 PM – 6:00 PM Reception <i>Common Grounds Patio</i>		7:30 PM – 8:30 PM Panel Discussion <i>Redwood Amphitheater or Sanctuary</i>		6:15 PM – 7:00 PM Farewell Reception in Teaching Kitchen	
6:00 PM – 7:30 PM Dinner with LC Groups				7:15 PM – 8:30 PM Special Dinner Near Fireplace in Kitchen Table	

<p>7:30 PM – 9:30 PM LC I: Contract and My Life Story</p>	<p>7:30 PM – 8:30 PM Sounds Journey Supplementary Class</p>		<p>7:30 PM – 8:30 PM Improv Supplementary Class</p>		
<p>EVENING Personal Preparation for Monday's Program</p>	<p>EVENING Personal Preparation for Tuesday's Program</p>	<p>EVENING Personal Preparation for Wednesday's Program</p>	<p>EVENING Personal Preparation for Thursday's Program</p>	<p>EVENING Personal Preparation for Friday's Program</p>	