

# 2019 True North Leadership Schedule (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	7:00 AM – 8:00 AM Breakfast	7:00 AM – 8:00 AM Yoga 1440 Signature Class	7:00 AM - 8:00 AM Pilates 1440 Signature Class	7:00 AM – 8:00 AM Yoga 1440 Signature Class	7:00 AM – 8:00 AM Exercise on your own Walk, Hike, Fitness Center, etc.
	8:00 AM – 8:30 AM Intro to Mindfulness & Guided Meditation	8:00 AM – 8:30 AM Breakfast	8:00 AM – 8:30 AM Breakfast	8:00 AM – 8:30 AM Breakfast	8:00 AM — 8:30 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: Purpose (Personal & Professional) with Michelle Maldonado	8:30 AM – 10:00 AM Session VII: Living an Integrated Life with Bill George	8:30 AM – 10:15 AM LC IX: Personal Leadership Development Plan
	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	10:15 AM - 10:30 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: Purpose (Personal & Professional)	10:30 AM – 12:00 PM LC VII: Living an Integrated Life	10:30 – 12:00 Final Session: Leading Toward a Better World & Close with Bill George & Scot Kriens <i>Sanctuary</i>
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	12:00 PM – 1:00 PM Lunch & Program Adjournment
	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 – 4:30 PM Purpose Development (options)	1:00 PM – 2:30 PM Session VIII: Empowerment with Scott 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	
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 LC VIII: Empowerment/ Leadership Plan	
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 1440 Signature Class	4:30 PM - 6:00 PM Free Time Massage, Fitness Center, Infinity-edge Hot Tub, or 1440 Signature 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 Table Talk Dinner Presence and Impact: Navigating Intersectionality, Bias and Organizational Systems	6:00 PM – 7:30 PM Table Talk Dinner Compassion and Consciousness: How True North Leaders Fuel Connection & Well-being	6:00 PM – 7:30 PM Table Talk Dinner True North Leadership: Navigating Difficult Conversations	5:15 PM - 6:15 PM Healthy Eating Teaching Kitchen	
5:15 PM – 6:00 PM Reception <i>Common Grounds Patio</i>					
6:00 PM – 7:30 PM Dinner with LC Groups				6:15 PM – 7:00 PM Farewell Reception in Teaching Kitchen	

<p>7:30 PM – 9:30 PM  LC I: Contract and  My Life Story</p>	<p>7:30 PM – 8:30 PM  Improv  1440 Signature Class</p>	<p>7:30 PM – 8:30 PM  Fireside Panel  <i>Redwood Amphitheater</i></p>	<p>7:30 PM – 8:30 PM  Sound Journey  1440 Signature Class</p>	<p>7:15 PM – 8:30 PM  Special Dinner Near  <i>Fireplace in Kitchen Table</i></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>	