

Centered Leadership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST 7 – 9 AM	BREAKFAST: MINI-BOARD DIALOGUES 7:45 – 9 AM		BREAKFAST 7:45 – 8:30 AM
	9 AM – 12 PM Gateway to Centered Leadership Exploring my Meaning – Strengths	9 AM – 12 PM Centering & Check-in Practices Exploring my Meaning – Purpose & Vision	9 AM – 12 PM Centering & Check-in Practices Managing my Energy to Sustain Performance	8:30 AM – 1 PM Centering & Check-in Practices Engaging – Moving to Action Moving to Action Taking a Stand – Personal Commitments
	LUNCH / FREE TIME 12 – 1:30 PM	LUNCH / FREE TIME 12 – 2 PM		1 PM
	1:30 – 5:30 PM Framing and Re-Framing Challenging Situations Forming Mini-Boards	2 – 4 PM Engaging with Presence Integrating Learning – Mini-Board Dialogues	2 – 5 PM Connecting – Building Networks & Community Integrating Learning – Mini-Board Dialogues	Program Close and Lunch <i>Participants can take advantage of lunch & free time for renewal, exercise, or one-on-one dialogue with program coach</i>
	FREE TIME 5:30 – 7:30 PM	FREE TIME / DINNER 4 – 7 PM	FREE TIME 5 – 7:30 PM	
7 – 9 PM Program Introduction Welcome Reception	7:30 – 9:30 PM Storytelling Dinner with Mini-Boards	7 – 9:30 PM Theatre Play evening	7:30 – 9:30 PM Celebration Dinner	<i>Please note that check-out is after breakfast on Friday morning.</i>

LOUGHEED LEADERSHIP

The Banff Centre

~ This schedule is subject to change without notice. Times may change depending upon the dynamics of the program.