

True North Leadership Sample Program Schedule



	TIME	ACTIVITY
DAY 1	3:00 – 3:30 pm	Welcome & Introduction to Leading an Authentic Life
	3:30 – 5:00 pm	Session I: Life Story
	5:00 – 5:30 pm	Introduction to Leadership Circles
	5:30 – 7:30 pm	Opening Reception & Dinner
	7:30 – 9:30 pm	Leadership Circle I: Circle Contract & My Life Story
DAY 2	7:00 – 8:00 am	Breakfast
	8:15 – 8:30 am	Introduction to Qigong
	8:30 – 10:00 am	Session II: Crucibles
	10:30 – Noon	Leadership Circle II: My Greatest Crucible
	Noon – 1:30 pm	Lunch
	1:30 – 3:00 pm	Session III: Self-Awareness and Introspection
	3:30 – 5:00 pm	Leadership Circle III: Self-Awareness and Introspection
	6:00 – 7:30 pm	Dinner
	7:30 – 8:30 pm	Wellness Session – Sound Bath

	TIME	ACTIVITY
DAY 3	7:00 – 8:00 am	Breakfast
	8:15 – 8:30 am	Wellness Session - Guided Meditation
	8:30 – 10:00 am	Session IV: Values and Sweet Spot
	10:30 am – Noon	Leadership Circle IV: Values and Sweet Spot
	Noon – 1:30 pm	Lunch
	1:30 – 3:00 pm	Session V: Leading with Purpose
	3:30 – 5:00 pm	Leadership Circle V: Leading with Purpose
	6:00 – 7:30 pm	Dinner
	7:30 – 9:00 pm	Evening Program – Faculty Fireside Chat
DAY 4	7:00 – 8:00 am	Breakfast
	8:15 – 8:30 am	Wellness Session - Guided Breathwork
	8:30 – 10:00 am	Session VI: An Integrated Life as a Moral Leader
	10:30 am – Noon	Leadership Circle VI: An Integrated Life as a Moral Leader
	Noon – 1:30 pm	Lunch
	1:30 – 3:00 pm	Session VII: Energy and Empowerment
	3:30 – 5:00 pm	Leadership Circle VII: Energy and Empowerment
	5:15 – 6:00 pm	Wellness Session - Food as Medicine
	6:00 – 8:30 pm	Closing Reception & Dinner
DAY 5	7:00 – 8:00 am	Breakfast
	8:30 – 10:15 am	Final Leadership Circle VI: Personal Leadership Development Plans
	10:30 am – Noon	Concluding Session, "Leading Toward a Better World"
	Noon – 1:00 pm	Lunch - To-Go Boxes Available

Note: This program schedule is subject to change.