



FLOURISH Program Itinerary

We look forward to welcoming you to FLOURISH: A Transformation Workshop for Women in Leadership! Below you will find a complete schedule of programming. **Please note: This program has a start time of 4:00 p.m. on Friday, September 6.** We invite you to check in between 2:00-4:00 p.m. to settle into your guest room and become acquainted with campus. A final schedule with workshop and class locations will be distributed to you upon check-in at 1440. Please email inquiries@1440.org with any questions you may have.

THREE-DAY FLOURISH ITINERARY		
	TIME	ACTIVITY
FRIDAY 9/6	2:00 – 4:00 p.m.	Arrivals, Registration & Guestroom Check-In (Lodge Lounge)
	4:00 - 4:15 p.m.	1440 Welcome
	4:15 – 5:45 p.m.	Workshop Session 1
	5:00 - 10:00 p.m.	Common Grounds Café Hours
	6:00 – 7:00 p.m.	Dinner (Kitchen Table)
	7:30 – 8:30 p.m.	Evening Signature Class
	8:30 - 10:00 p.m.	Social Time (Common Grounds & Fire Pits)
SATURDAY 9/7	7:00 - 8:00 a.m.	Morning Signature Class
	7:30 - 9:00 a.m.	Breakfast (Kitchen Table)
	10:00 a.m. - 12:30 p.m.	Workshop Session 2
	10:00 - 11:00 a.m.	Common Grounds Café Hours
	12:00 - 4:00 p.m.	Vision Board Workshop
	12:30 - 1:30 p.m.	Lunch (Kitchen Table)
	1:30 - 3:45 p.m.	Workshop Session 3
	3:00 - 4:00 p.m.	Common Grounds Café Hours
	4:15 - 5:15 p.m.	Afternoon Signature Class
	6:00 - 7:00 p.m.	Dinner (Kitchen Table)
	7:30 - 8:30 p.m.	Evening Signature Class
8:30 - 10:00 p.m.	Social Time (Common Grounds & Fire Pits)	
SUNDAY 9/8	7:00 - 8:00 a.m.	Morning Signature Class
	7:30 - 9:00 a.m.	Breakfast (Kitchen Table)
	10:00 a.m. - 12:00 p.m.	Workshop Session 4
	12:00 - 1:00 p.m.	Lunch (Kitchen Table)
	1:00 - 3:00 p.m.	Faculty Workshop Session 5 - Closing
	3:00 - 3:30 p.m.	Departures