



Live Sessions – Every Wednesday (with two additional sessions in Week 1)		
Weekly Flow	10am-12pm PDT 11am-1pm MDT	12-2pm CDT 1-3pm EDT
Week 1	Monday <i>(same start time as above, lasts one hour)</i> Tech Orientation	
	Wednesday Overview and Power	
	Friday <i>(same start time and end time as above)</i> Purpose , the foundation of leadership, living & leading from that which gives our lives meaning.	
Week 2	Wednesday Vision , creating and articulating a clear and compelling picture of our desired future developing presentation, active listening, and feedback skills.	
Week 3	Wednesday Partnership , exploring the intersections between personal and collaborative power growing in active listening, social identity storytelling and authentic dialogue as they relate to effective leadership. Performance , enhancing our capacity to produce results that further our vision reviewing and analyzing 360-degree assessment and action planning on survey results.	
Week 4	Wednesday Resilience , shifting from reactivity to a state of resourcefulness in moments of stress and crisis.	
Week 5	Wednesday Personal Ecology , maintaining balance, pacing, and efficiency to sustain energy over a lifetime.	
Week 6	Wednesday Partnership (cont.) , Leading Forward, and Closing	
Every Week	Pre-Session	Post-Session
	<ul style="list-style-type: none"> Pre-reading Reflection 1:1 with trainers (optional) 	<ul style="list-style-type: none"> Reflection Posting to discussion forum 1:1 with trainers (optional)

Each week, you will do a combination of pre-reading and writing in preparation for live sessions. Live sessions will take place every Wednesday, and each week we will introduce a new practice. Afterwards, you will share reflections via a discussion forum. Work between sessions will require no more than two hours weekly. Each trainer will offer optional office hours for you to sign up for throughout the duration of the training.