

## TYPICAL SCHEDULE

### Friday

8:00 AM	Arrival and check in (Thursday night arrival available)
8:30 – 9:00AM	Breakfast
9:00 – 12:00AM	<b>Goal Review and Forum:</b> Facilitated roundtable to review the activity during the past month
12:00 – 1:00PM	Lunch (often with the afternoon speaker included)
1:00 – 4:00PM	<b>Workshop:</b> Presentation on the session topic with an external speaker
4:00 – 5:00PM	Fitness Break
5:00 – 7:00PM	Break and Dinner (often with both session speakers included)
7:00 – 8:30PM	<b>Fireside Chat:</b> Conversation with keynote speaker
8:30PM – 12:00AM	Casual interaction with the group and overnight guests

### Saturday

8:30 – 9:00AM	Breakfast
9:00AM – 12:00PM	<b>Deep Dives:</b> Pre-scheduled discussions of 3-5 members' business challenges.
12:00 – 1:00PM	Lunch
1:00 – 3:00PM	<b>Deep Dives</b> (continued)
3:00 – 4:30	<b>Peer Coaching &amp; New Goals:</b> Paired 1:1 coaching within the group members to set goals)
4:30 – 5:00PM	30 day goal capture, surveys and departure