

True North Leadership

Sample Program Schedule

	TIME	ACTIVITY
SUNDAY DAY 1	4:00 - 10:30 p.m.	Arrivals, Registration & Check-In
	6:00 - 7:30 p.m.	Dinner
ARRIVAL		
MONDAY DAY 2	7:00 - 8:00 a.m.	Breakfast
	8:15 - 8:30 a.m.	Land Acknowledgment & Group Wellbeing Practice
	8:30 - 8:45 a.m.	Welcome & The Values and Purpose of 1440 Multiversity
	8:45 - 9:15 a.m.	Introduction to True North Leadership
	9:15 - 9:50 a.m.	Your Life Story
	9:50 - 10:00 a.m.	Introduction to Leadership Circles
	10:30 a.m- 12:15 p.m.	Leadership Circle: Your Life Story
	12:30 - 1:30 p.m.	Lunch
	2:00 - 3:30 p.m.	Crucibles Shape Your Leadership
	4:00 - 5:45 p.m.	Leadership Circle: Crucibles
	6:15 - 7:00 p.m.	Opening Reception
	7:00 - 9:00 p.m.	Opening Dinner
TUESDAY DAY 3	7:00 - 8:00 a.m.	Breakfast
	8:15 - 8:30 a.m.	Group Wellbeing Practice
	8:30 - 10:00 a.m	Develop Self Awareness
	10:30 a.m- 12:00 p.m.	Leadership Circle: Develop Self Awareness
	12:00 - 1:30 p.m.	Lunch
	1:30 - 3:00 p.m.	Live Your Values
	3:30 - 5:00 p.m.	Leadership Circle: Live Your Values
	6:00 - 7:30 p.m.	Dinner
	7:30 - 8:30 p.m.	Sound Bath

Note: This program schedule is subject to change



	TIME	ACTIVITY
WEDNESDAY DAY 4	7:00 - 8:00 a.m.	Breakfast
	8:15 - 8:30 a.m.	Group Wellbeing Practice
	8:30 - 10:00 a.m.	Find Your Sweet Spot
	10:30 - 12:00 p.m.	Leadership Circle: Find Your Sweet Spot
	12:00 - 1:30 p.m.	Lunch
	1:30 - 3:00 p.m.	Lead an Integrated Life
	3:30 - 5:00 p.m.	Leadership Circle: Lead an Integrated Life
	6:00 - 7:30 p.m.	Dinner
THURSDAY DAY 5	7:30 - 9:00 p.m.	Teaching Fellows Panel
	7:00 - 8:00 a.m.	Breakfast
	8:15 - 8:30 a.m	Group Wellbeing Practice
	8:30 - 10:00 a.m	Lead with Purpose
	10:30 a.m- 12:00 p.m.	Leadership Circle: Lead with Purpose
	12:00 - 1:30 p.m.	Lunch
	1:30 - 3:00 p.m.	Energy and Empowerment
	3:30 - 5:00 p.m.	Leadership Circle: PLDPs
FRIDAY DAY 6	5:30 - 6:15 p.m.	Food as Medicine
	6:15 - 8:30 p.m.	Closing Reception & Dinner
	7:00 - 8:00 a.m.	Breakfast
	8:15 - 8:30 a.m	Group Wellbeing Practice
	8:30 - 9:30 a.m	Leading in Chaos
	9:30 - 10:15 a.m	Leadership Circle: Leading in Chaos
	10:20 - 10:30 a.m	Group Photo
	10:30 a.m- 12:00 p.m.	Leading Toward a Better World
	12:00 - 1:10 p.m.	Optional Lunch, with To-Go Boxes Available