

Cirque du Sophia Tentative Schedule

<p style="text-align: center;">Sunday September 22, 4p</p>	<p style="text-align: center;">Monday September 23</p>	<p style="text-align: center;">Tuesday September 24</p>	<p style="text-align: center;">Wednesday September 25</p>	<p style="text-align: center;">Thursday September 26</p>
<p>3:00pm Check-in</p> <p>4:00pm - Gather, meet and greet</p> <p>4:15pm – Welcome, introductions, foundation setting</p> <p>5:30pm - Opening Session: I am at my best when...</p> <p>7:30pm – Gourmet dinner at the Hotel</p> <p>9:00pm – Close for the evening</p>	<p>7:30am - Optional Yoga</p> <p>8:30am – Breakfast</p> <p>9:15am - Doing the Dance – the Rhythm of Conflict and the moves we make</p> <p>1:00pm – Lunch</p> <p>2:30pm – Systems of Support and Systems of Dysfunction – how to identify and make the choices that work for you</p> <p>4:45pm - Walk and talk with personal time</p> <p>7:30pm – Gourmet dinner at the Hotel</p> <p>9:00pm – Our voice – how do we bring ourselves into the room</p> <p>10:00pm – Evening close</p>	<p>7:30am - Optional Yoga</p> <p>8:30am – Breakfast</p> <p>9:15am – Building our networks for support and productivity</p> <p>When “Leaning In” isn’t enough</p> <p>1:00pm – Group Lunch</p> <p>2:00pm – Free time and/or organized tour – participant choice</p> <p>7:30pm – Group dinner</p> <p>9:30pm - Close</p>	<p>7:30am - Optional Yoga</p> <p>8:30am - Breakfast</p> <p>9:15am - Putting it all together – interactive workshop to integrate new skills and tools</p> <p>How to navigate your most challenging relationships.</p> <p>New language for a new organizational culture</p> <p>11:30am Group Offsite Tour and Learning Adventure!</p> <p>5:00pm – Meeting off-site: Gathering to meet local business women and explore cultural aspects of conflict in the workplace</p> <p>8:00pm – Group dinner off site</p> <p>9pm Close</p>	<p>7:30am - Optional Yoga</p> <p>8:30am – Breakfast</p> <p>9:15am - Bringing new skills to the workplace</p> <p>10:30 – Heart and Soul – aligning values with actions and outcomes</p> <p>12:00pm – Official Cirque du Sophia close</p>