



Using RISE for Resilience at Work

Your Program Session Schedule

Sunday, March 3

4:00–7:30 pm	Arrival and Check-in
5:30–7:00	Dinner
7:30–9:00	Welcome and Program Introduction

Monday, March 4

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	The RISE Model for High Performance
11:45 am–1:30 pm	Lunch
1:30–4:00	Embodying Calm: The Foundation for Effective Leadership
5:30–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Tuesday, March 5

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Cultivating Clarity: The Mindful Leadership Advantage
11:45 am–1:30 pm	Lunch
1:30–4:00	Deepening Connection: The Power of Emotional Intelligence
5:30–7:00	Dinner
7:00–9:00	Kripalu Evening Activities

Wednesday, March 6

6:30–8:00 am	Kripalu Yoga Classes (class times vary)
7:00–8:30	Breakfast
9:00–11:45	Action Planning
11:45 am–1:30 pm	Lunch