



RISE Leadership Immersion

Your Program Session Schedule

Monday, July 9	12:00–2:00 pm	Arrival and Lunch
	2:00–5:00	Program Introduction: RISE Model of High Performance
	5:00–7:00	Dinner
	7:00–9:00	Embodying Calm: Creating the Foundation for Effective Leadership
Tuesday, July 10	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	Cultivating Clarity: The Mindful Leader Advantage
	11:45 am–1:45 pm	Lunch
	1:45–4:45	Deepening Connection: Enhancing Social Emotional Intelligence
	5:30–7:00	Dinner
	7:00–9:00	Networking or Kripalu Evening Activities
Wednesday, July 11	6:30–8:00 am	Kripalu Yoga Classes (class times vary)
	7:00–8:30	Breakfast
	9:00–11:45	Action Planning: Building the Mindful Resilient Organization
	11:45 am–1:30 pm	Lunch