

## Friday

- 5:00- 6:30** Guests arrive
- 6:30- 7:45** Welcome buffet
- 7:45- 9:15** Introductions and welcome
- 9:15-9:45** Enter into deep relaxation- a guided meditation before bed

## Saturday

- 7:30- 8:45** Yoga and meditation
- 9:30-10:30** Breakfast
- 11:00-1:00** Module 1: The why, what and how of emotional intelligence
- 1:00-2:00** Lunch
- 2:00- 4:30** Module 2: Building self awareness and bush walk
- 4:30- 7:00** Free time/massages
- 7:00-8:00** Dinner
- 9:15-9:45** Guided meditation before bed

## Sunday

- 7:30- 8:45** Yoga and meditation
- 9:30-10:30** Breakfast
- 11:00-1:00** Module 3: Self management and tools for building our resilience
- 1:00-2:00** Lunch
- 2:00- 4:30** Module 4: Our beliefs and inner narrative
- 4:30-7:00** Free time
- 7:00-8:00** Dinner in Raglan

## Monday

- 7:30- 8:45** Yoga and meditation with Anna
- 9:30-10:30** Breakfast
- 11:00-1:00** Module 5: Changing the narrative and finding presence
- 1:00-2:00** Lunch
- 2:00- 4:30** Module 5 Continued
- 4:30-7:00** Free time/massages/walks
- 7:00-8:00** Dinner
- 8:30-9:30** Private journalling and reflection

## Tuesday

- 7:30- 8:45** Yoga and meditation
- 9:30-10:30** Breakfast
- 11:00-1:00** Module 6: Presentations and feedback. Who am I and why am I a person worth following?
- 1:00-2:00** Lunch
- 2:00- 4:30** Module 6 continued and commitments
- 4:30-6:00** Group walk/free time/massages
- 6:00-7:30** Bringing the programme to a close/feedback circles
- 7:30-8:30** Closing Dinner

## Wednesday

- 7:30- 8:45** Yoga and meditation with Anna
- 9:30-10:30** Breakfast