

# DAY-TO-DAY PROGRAMME

## MONDAY: FOCUS & INSPIRATION

- What world problems touch/shake you to the core?
- What unique qualities can you bring to this world?
- What choices do you need to make to create more focus and clarity?

## TUESDAY: THE ART OF BEING

- Peace inside is peace outside
- Dealing with stress, building resilience, staying on course
- Working beyond dualities

## TUESDAY EVENING (18.30-21.00): TEAM ACTIVITY

## WEDNESDAY: COMMUNICATION & COMMUNITY

- How do you communicate your message effectively and full of inspiration?
- How do you deal with resistance empathically?
- How do you build coalitions and attract your first followers?

## THURSDAY: GETTING THINGS DONE WITH COMPASSION IN MIND

- Art of Getting Started
- Developing Kindness within & Improving Social Intelligence
- Balancing Idealism versus Pragmatism

## FRIDAY: WHAT'S NEXT?

- Understanding the 'deeper struggle'
- Dream big, act small
- Intention setting & making it concrete