



## INSPIRATIONAL LEADERSHIP AT KYLEMORE (2<sup>ND</sup> FLOOR CLASSROOM)

2019	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25	After Program
<b>Morning</b>	830 – 1100 <b>Program Overview and Introductions</b> <i>Mel Dowdy</i>  <b>Vertical Development</b> <i>Mel Dowdy</i>  1100 – 1200 <b>Walk for Reflection</b>	800 - 845 <b>Reflection and Individual Business Project Introduction</b> <i>Paul Slaggert</i>  <b>Executive Coaching Sessions</b> 630 – 800 845 – 1015 1030 – 1200 1215 – 1345 <b>Small Group Work</b> <b>Private walk or wellness activity on your own</b>	800 – 815 <b>Integration</b> <i>Mel Dowdy</i>  815 – 1200 <b>Coherence and Biofeedback</b> <i>Alan Kerins</i>	800 – 900 <b>Reflection</b> <b>Gothic Chapel</b>  900 – 1200 <b>Making Sense of Complexity</b> <i>Mel Dowdy</i>	<i>Time for reflection, renewal, rest, and preparing to return to work.</i>  <i>Accountability partner meetings on your own</i>
<b>Lunch</b>	1200 – 1300 <b>Welcome Lunch</b>	1200 – 1400 <b>Lunch</b>  <b>Private tour of Kylemore Chocolate Making</b>	1200 – 1300 <b>Lunch</b>	1200 – 1300 <b>Celebratory Lunch and walk to Statue of the Sacred Heart</b>	
<b>Afternoon</b>	1300 – 1630 <b>Intro to Leadership Assessment &amp; Coaching Process</b> <i>Mel Dowdy</i>  1630 -1730 <b>Introduction to Spirituality in Leadership</b> <i>Mel Dowdy</i>  1730 – 1800 <b>Integration</b>	1400 – 1730 <b>Immunity to Change</b> <i>LisaCaulfield</i>  1730 – 1800 <b>Integration</b>	1300 – 1500 <b>Team Productivity: Getting Fantastic Productivity from Your People</b> <i>Mel Dowdy</i>  1515 – 1800 <b>Diamond Hill Climb and The Leadership Journey</b> <i>Mel Dowdy</i>	1300 – 1500 <b>Triads for Business Projects</b>  <b>Individual Dashboards</b> <i>Paul Slaggert</i>  <b>Closing</b> <i>Mel Dowdy</i>	
<b>Dinner</b>	1800 - 2000 <b>Reception and Dinner</b>	1800 – 1930 <b>Reception and Dinner</b>	1845 – 2200 <b>Celebration Dinner and An Evening in Lough Inagh Lodge</b>		
<b>Evening</b>	2000 - 2030 <b>Understanding the Importance of Place – a history of Kylemore</b> <i>Sr. Maire Hickey, Abbess</i>	1930 – 2030 <b>The Power of Words</b> <i>Des Lally</i>			2/8/2019 skc