



Inspiration Leadership at Kylemore (2nd Floor Classroom) – Indicative Schedule

	Tuesday	Wednesday	Thursday	Friday	After Program
Morning	830 – 1100 Program Overview and Introductions Mel Dowdy Vertical Development Mel Dowdy 1100 – 1200 Walk for Reflection	800 – 845 Reflection and Individual Business Project Introduction Paul Slaggert Executive Coaching Sessions 630 – 800 845 -1015 1030 – 1200 1215 – 1345 Small Group Work Private Walk or Wellness Activity	800 – 815 Integration Mel Dowdy 815 – 1200 Coherence and Bio-feedback Alan Kerins	800 – 900 Reflection Gothic Chapel 900 – 1200 Making Sense of Complexity Mel Dowdy	<i>Time for reflection, renewal, rest and preparing to return to work.</i> <i>Accountability partner meetings on your own.</i>
Lunch	1200 – 1300 Welcome Lunch	1200 – 1400 Lunch Private Tour of Kylemore Estate	1200 – 1300 Lunch	1200 – 1300 Celebratory Lunch Walk to Statue of the Sacred Heart	
Afternoon	1300 – 1630 Introduction to Leadership Assessment & Coaching Process Mel Dowdy 1630- 1730 Introduction to Spirituality in Leadership Mel Dowdy 1730 – 1800 Integration	1400 – 1730 Immunity to Change Lisa Caulfield 1730 – 1800 Integration	1300 – 1500 Team Productivity: Getting Fantastic Productivity from Your People Mel Dowdy 1515 – 1800 Diamond Hill Climb and the Leadership Journey Mel Dowdy	1300 – 1500 Triads for Business Projects Individual Dashboards Paul Slaggert Closing Mel Dowdy	
Dinner	1800 – 2000 Reception and Dinner	1800 – 2000 Reception and Dinner	1845 – 2200 Celebration Dinner and An Evening at Lough Inagh Lodge		
Evening	2000 – 2030 Understanding the Importance of Place: A History of Kylemore Sr Maire Hickey	2000 – 2100 The Power of Words Des Lally			