



Inspirational Leadership at Kylemore 2024

**Kylemore Abbey, Connemara,
April 8-12, 2024**



Monday April 8

- 3:00 pm Check In
- 5:00 pm Centre Orientation
- 6:00 pm Reception and Dinner
- 8:00 pm Networking

Tuesday April 9

- 7:30 am Breakfast
- 8:30 am Program Overview and
Introductions - *Mel Dowdy*
Vertical Development - *Mel
Dowdy*
- 11:00 am Walk for Reflection
- 12:00 pm Welcome Lunch
- 1:00 pm Intro to Leadership
Assessment and Coaching
Process - *Mel Dowdy*
- 4:30 pm Values in Leadership- *Mel
Dowdy*
- 5:30 pm Integration
- 6:00 pm Reception and Dinner
- 8:00 pm Networking

Wednesday April 10

Executive Coaching Sessions

- 6:30-8:00 am
 - 8:30-10:00 am
 - 10:15-11:45 am
 - 12:15-1:45 pm
- 7:00 am Breakfast
 - 8:00 am Reflection and Individual
Business Project
Introduction - *Paul Slaggert*
 - 8:45 am Small Group Work, Private
Walk, or Wellness Activity
on your own



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- 12:00 pm Lunch
- 12:45 pm Hike to Sacred Heart Statue
- 2:00 pm Coherence and Biofeedback
-Alan Kerins
- 5:30 pm Integration
- 6:00 pm Reception and Dinner
- 8:00 pm The Power of Words- *Des Lally*

Thursday April 11

- 7:00 am Breakfast
- 8:00 am Integration - *Mel Dowdy*
- 8:15 am Immunity to Change- *Anne Nagle*
- 11:30 am Lunch
- 12:00 pm Tour of Kylemore Estate
- 1:00 pm Diamond Hill Climb and
The Leadership Journey- *Mel Dowdy*
- 3:15 pm Team Productivity: Getting
Fantastic Productivity from
your People- *Mel Dowdy*
- 6:30 pm Reception and Dinner

Friday April 12

- 7:00 am Breakfast
- 8:00 am Reflection in Gothic Chapel
- 9:00 am Making Sense of Complexity
- Mel Dowdy
Learning Partners for
Business
Individual Dashboards- *Paul Slaggert*
Closing - *Mel Dowdy*
- 12:00 pm Celebratory Lunch



Before You Arrive:

1. Please fill out the [Photo Permission Form](#)
2. [Read this](#) instructional document with getting to and arriving at Kylemore. Upon arrival, you can utilise the [Kylemore Abbey Carpark](#) and can head to the [entrance of the centre](#) from there.
3. Please read the [University of Notre Dame's Code of Conduct](#): The University believes its residential facilities provide the foundation of community life. In order to maintain the proper safety and security of these communities, residents and guests must abide by certain housing policies and expectations. Guests are expected to abide by these policies. This includes treating one another with dignity and respect, no anti-social behaviour will be tolerated.

If you have any questions or concerns, please contact us at kylemore@nd.edu