



## Sample Agenda

### Day 1

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2:30-7:30 – Introducing a Framework for Change

- Analyze the Obstacles
- Practice Letting Go
- Focused Energy Produces Results
- Small Group Activities
- Fitness Activity (optional)

### Day 2

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9:00-7:30 – Focusing Efforts on Your Success

- Make Yourself a Priority
- Executive Presence
- Powerful Communications
- Selling Your Value to Others
- Virtual Presence
- 1:1 Coaching
- Difficult Conversations (Conflicts & Asking for What You Want)
- Small Group Activities
- Business Networking

### Day 3

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9:00-12:00 – Applying New Skills to the Real World

- Declaring Victory
- Small Group Activities
- Sustaining Your Network
- Final Presentations
- Close & Next Steps