

<p style="text-align: center;"><b>Day 1</b> <b>Session One (AM)</b> <i>Introduction, Mindfulness, Emotional Intelligence, Self- awareness</i></p>	<p style="text-align: center;"><b>Day 2</b> <b>Session Three (AM)</b> <i>Motivation and Empathy</i></p>
<ul style="list-style-type: none"> <li>• Intro to emotional intelligence</li> <li>• Intro to mindfulness</li> <li>• The neuroscience of mindfulness and emotional intelligence</li> <li>• Intuition and decision-making</li> <li>• Theory, practice, and science of meditation</li> <li>• Self-awareness at work</li> <li>• Nine key emotional intelligence competencies</li> <li>• Science of self-awareness and self regulation</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Neuroscience of motivation</li> <li>• The role of empathy in leadership</li> <li>• Understanding others</li> <li>• Neuroscience of empathy</li> <li>• Developing trust</li> <li>• Political awareness</li> </ul>
<p style="text-align: center;"><b>Day 1</b> <b>Session Two (PM)</b> <i>Self-regulation and Motivation</i></p> <ul style="list-style-type: none"> <li>• Emotional regulation</li> <li>• Understanding triggers</li> <li>• Self-regulation model</li> <li>• Alignment</li> <li>• Envisioning</li> </ul>	<p style="text-align: center;"><b>Day 2</b> <b>Session Four (PM)</b> <i>Empathy and Social Skills</i></p> <ul style="list-style-type: none"> <li>• Leadership and compassion</li> <li>• Influence with goodness</li> <li>• Communication with insight</li> <li>• Neuroscience with compassion</li> <li>• Teambuilding model and establishing trust</li> <li>• Difficult Conversations</li> <li>• "Connecting the dots"</li> </ul>