

Trainee Professional Development Retreat: Leadership Purpose
January 20 – 21, 2018 – Banff Centre for Arts and Creativity

DAY 1	
Time	Agenda
11:30	Arrivals and Lunch
12:20	Welcome and Introductions
1:00	Agenda & Objectives
1:15	Personal Values <ul style="list-style-type: none"> • Why values matter • What are my personal values • Share & Identify Leadership Values with others
2:15	Break
2:45	History: Mapping Life Milestones Why your story matters, past, present & future <ul style="list-style-type: none"> • Big moments that shaped your path • Most important learnings & people
3:45	Personal Strengths <ul style="list-style-type: none"> • Leadership Strengths & where you excel
4:30	Break & Hotel Check ins
5:30	Dinner
6:45	Resiliency & Managing Stress <ul style="list-style-type: none"> • Energy Boosters & Drainers • Navigating Stress: A model for recovery & performance
8:00	Reception
DAY 2	
7:30 – 8:45	Breakfast
9:00	Personal Story: Future Vision <ul style="list-style-type: none"> • Golden Circle: Why we do what we do • Visual Explorer: Future Life you want to Create • Creating your key story points
10:00	Getting Unstuck: Your Training Mission & The Impostor <ul style="list-style-type: none"> • Identify and challenge the impostor syndrome and negative self talk • Get Outside to Consider the positive messages you want to reinforce for yourself
10:45	Break
11:15	Practicing my Story: Expression <ul style="list-style-type: none"> • Breath, Confidence and Tone
12:30	Lunch
1:30	Sharing my Story: Feedback & Listening <ul style="list-style-type: none"> • Small Group Shares & Coaching • Identify next steps for personal goals • Debrief Learnings
2:30	Final Close & Learnings
3:00	Program Close
3:30	Bus Departures