

## Power of Your Presence Essentials

### TUESDAY: Day 1

8:00 a.m.	Meet and Greet/Breakfast	
8:30 a.m.	Welcome and Kick-off – Seminar begins	Boardroom
Mid-morning	Break (15 minutes)	Timing at discretion of facilitator
Noon	Lunch break	On your own
1:15 p.m.	Afternoon session begins	
Afternoon	Break (15 minutes)	Timing at discretion of facilitator
5:00 p.m.	Group adjourns for the day	
5:00-6:30 p.m.	Coaching sessions	Available on request

### WEDNESDAY: Day 2

8:00 a.m.	Breakfast	Coaching sessions available on request
8:30 a.m.	Morning session begins	Boardroom
Mid-morning	Break (15 minutes)	Timing at discretion of facilitator
Noon	Lunch break	On your own
1:15 p.m.	Afternoon session begins	
Afternoon	Break (15 minutes)	Timing at discretion of facilitator
5:00 p.m.	Group adjourns for the day	
5:00-6:20 p.m.	Coaching sessions	Available on request

### THURSDAY: Day 3

8:00 a.m.	Breakfast	
8:30 a.m.	Morning session begins	Boardroom
Mid-morning	Break (15 minutes)	Timing at discretion of facilitator
12:30 p.m.	Seminar adjourns	
Afternoon	Coaching sessions	Available on request

11.03.25 (Oceanside, CA)