<table>
<thead>
<tr>
<th>2017</th>
<th>Tuesday September 19</th>
<th>Wednesday September 20</th>
<th>Thursday September 21</th>
<th>Friday September 22</th>
<th>After Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Morning</td>
<td>Executive Coaching sessions begin and continue throughout the day</td>
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<td></td>
<td>Time for reflection, renewal, rest, and preparing to return to work</td>
<td></td>
</tr>
</tbody>
</table>
| Morning    | 800 - 1200 Overcoming the Immunity to Change  
  Paul Matthews | 800 – 1200 Coherence  
  Alan Kerins | 800 – 1030 Spirituality in the Workplace  
  Mel Dowdy  
  Gothic Chapel  
  1030 – 1230 Polarities – A New Perspective  
  Mel Dowdy |                                      |
| Lunch      | 1130 – 1230 Meet and Greet Lunch | 1200 – 1330 Lunch  
  Private walk or hill climb | 1200 – 1330 Picnic Lunch  
  Private tour of Kylemore Chocolate Factory | 1230 – 1330 Celebratory Lunch |
| Afternoon  | 1245 – 1400 Program Overview and Introductions  
  Mel Dowdy  
  1415 – 1745 Intro to Leadership Assessment & Coaching Process  
  Bob Anderson  
  Kylemore Library | 1330 – 1630 Developing an Integral Leadership Perspective and Project Introduction  
  Mel Dowdy  
  1630 – 1730 Reflection/Health & Wellness  
  Kylemore Gardens | 1330 – 1500 Team Productivity: Getting Fantastic Productivity from Your People  
  Mel Dowdy  
  1515 – 1645 Visualization  
  Kerins | 1330 – 1500 Transition, Project Completion, and Closing  
  Mel Dowdy |
| Dinner     | 1900 - 2030 Reception and Dinner | 1800 – 1930 Reception and Farm to Table Dinner | 1845 – 2200 Celebration Dinner and An Evening of Irish Music in Clifden |                                      |
| Evening    | 2000 - 2030 Understanding the Importance of Place – a history of Kylemore  
  Sr. Maire Hickey, Abbess | 1930 – 2000 The Power of Words  
  Des Lally |                                      | 2/23/17 skc |