



FRI/NOV 22

6:00 pm	Arrival, check-in, snacks
6:30-9:45 pm	Program overview Group agreements: Growth mindset and boundaries Becoming transform-ready: To thrive

SAT/NOV 23

9:00 am	Arrival, coffee, snacks
9:30 am	Flourishing! Build on your best life to make it far better Set your dreams and get help with challenges Transformability, the research and me-search (build on your experience)
12:30-2:00 pm	Lunch - on your own (Discuss Inner Autobiography question)
2:00-3:15 pm	Transformational habits: Intentionally choose what will build you Positive Priming: Learn the motivational power of this brain hack
3:15-3:30 pm	Break
3:30-4:30 pm	Inner Autobiography Best DNA: Be more passionately successful
4:30-4:45 pm	Break
4:45-6:00 pm	Inner Wisdom: Improve your decision making Choose what to practice tonight Feedforward: Gain tips for future success
6:30 pm	Optional Dinner together nearby

SUN/NOV 24

9:00 am	Arrival, coffee, snacks
9:30 am	Move Toward Mastery: Develop more skills at your favorite thrive tools Vulnerability: Develop the courage and openness to live more deeply Flow State: Learn to be in the optimal state of mind body and emotion
12:30-2:00 pm	Lunch - on your own
2:00 pm	Create Your Own Adventures: Embrace life as the grand adventure, in the mundane and the spectacular Transformation commitments: Be guided in creating your next steps for improved relationships with self and others
3:30 pm	End program: Say goodbye to the wonderful thrive tribe you've joined

Note: breaks and meal times are approximate.

Thrive Participation Outcomes:

- Deeper fulfilment through building relationships with yourself and others
- Increase self-mastery through increasing self-awareness and self-direction
- More fulfilling relationship with rapport-building mental models and positive communication skills