



CALIFORNIA HEALTH
&
LONGEVITY INSTITUTE

Leadership Training Sample Agenda

Day 1

Start Time	End Time	Program
6:30am	7:30am	Team Building Exercise
7:30am	8:25am	Breakfast
8:30am	9:00am	Welcome
9:00am	9:30am	Program Overview and Objectives
9:30am	10:30am	The Case for Change 10-20 Years, The Choice is Yours
10:30am	10:45am	BREAK
10:45am	11:45am	The Most Important Things To Know About Nutrition
11:45am	12:45pm	Lunch
12:45pm	1:00pm	BREAK
1:00pm	2:00pm	Deepen Your Relationships
2:00pm	2:15pm	BREAK
2:15pm	3:15pm	Managing Your Stress
3:15pm	3:30pm	BREAK
3:30pm	5:30pm	Workshop Electives
5:30pm	6:30pm	BREAK
6:30pm	7:30pm	Dinner

Day 2

Start Time	End Time	Program
6:30am	7:30am	Fitness Activity
7:30am	8:30am	Breakfast
8:30am	9:00am	Welcome
9:00am	9:30am	Program Overview and Objectives
9:30am	10:30am	Nutrition Program
10:30am	10:45am	BREAK
10:45am	11:45am	Handling Challenging Discussions
11:45am	2:00pm	Interactive Cooking / Nutrition Course
2:00pm	2:15pm	BREAK
2:15pm	2:30pm	The Art of Listening
2:30pm	2:45pm	BREAK
2:45pm	4:45pm	Workshop Electives
4:45pm	5:00pm	BREAK
5:00pm	6:30pm	Team Building
6:30pm	7:30pm	Dinner

Day 3

Start Time	End Time	Program
6:30am	7:30am	Fitness Activity
7:30am	8:30am	Breakfast
8:30am	9:30am	The Power of Change: Kaizen Strategies
9:30am	10:30am	Nutrition Program
10:30am	10:45am	BREAK
10:45am	11:45am	Closing Activity