

# Timetable – Self Leadership

<b>Agenda</b>	<b>Your Timetable</b>	
<b>8:30-8:45</b>		Icebreaker: Admit it!
<b>8:45-9:00</b>		Session One: Course Overview
<b>9:00-10:00</b>		Session Two: What is Self-Leadership?
<b>10:00-10:15</b>		Break
<b>10:15-11:30</b>		Session Three: Knowing Who You Are
<b>11:30-12:00</b>		Session Four: Change Management
<b>12:00-1:00</b>		Lunch
<b>1:00-1:15</b>		Energizer: What Can You Do With That?
<b>1:15-2:00</b>		Session Five: Knowing What You Do
<b>2:00-2:15</b>		Break
<b>2:15-3:30</b>		Session Six: Motivation for Optimists
<b>3:30-4:15</b>		Session Seven: Using What You Know
<b>4:15-4:30</b>		Course Wrap-Up