



DAY 1 AGENDA

8:00am - 8:30am Registration & Breakfast

8:30am - 10:30am Welcome and Starting the Climb

Going to your uncomfortable zone and reaching personal wellbeing

Walk away doing something different and looking forward through small-scale interventions

What are you doing for yourself and focusing on your core strength to climb higher

10:30am - 10:45am Connection Break

10:45am - 12:30pm 360 Assessment Review (Assessment sent out to 3-7 people of your choice: colleagues, reports, friends, directors, etc)

Debrief - Results, Vision, Goals

Forwarding your action

12:30pm - 1:15pm Refueling: Lunch

1:15pm - 2:15pm Finding Flexibility Within

Knowing and managing your true self

Channel emotions

Emotional composure

Managing external and self-imposed triggers

2:15pm - 2:30pm Connection Break

2:30pm - 4:15pm Goals, Grit & Strengths

Setting a clear vision of who you are and where you want to be

Maximizing your strengths, values and needs

Mental Contrasting - helping you conquer little things that get in the way of big goals

Mindset - building stronger internal mechanisms

Individual perspectives with peer coaching

4:15pm - 5:00pm Wrap-up Day One

5:30pm - 6:30pm Athleta Happy Hour

7:00pm - 9:00pm Dinner



DAY 2 AGENDA

8:00am - 9:00am Breakfast & Reflection

9:00am - 10:00am Finding Your Rhythm: Drum Café

Through rhythmic entertainment, the group becomes aligned to a common mission and vision
Communication is improved through accurate feedback and active listening
Individuals are inspired to improve performance and to support each other
Skill acquisition is accelerated and creativity activated

10:00am - 10:15am Connection Break

10:15am - 11:15am Perseverance & Agility

Drive results through yourself and others
Learn the most powerful tool for complex and innovative thinking
Insights and discussion on the backbone of leading, collaboration, & communication
Review, dialogue and apply: How are you going to be who you can and need to be? Climb your Summit!

11:15am - 12:30pm Brain & Body Health: The Power of Well-Being

Learning sustainable changes for a healthy lifestyle and lasting results
Learn about brain health and strategies to fuel your brain and develop stronger leadership techniques
Optimizing brain performance
Apply to your daily life

12:30pm - 1:15pm Lunch & Break

1:15pm - 2:15pm Financial Liberation

Being confident and thinking differently
Knowing what you're willing to risk
Increasing financial acumen and being financially savvy

2:15pm - 3:15pm Leading A Tribe: *Motivating/Leading Others*

Mentoring with a purpose, inspiring positive change and continuous improvement
High performance to remain competitive and ensure market relevance
Commitment to developing teams and fostering organizational culture rooted in inclusiveness, collaboration and empowerment

3:15pm - 3:30pm Rejuvenation Break

3:30pm - 4:15pm Taking Your Edge Beyond the Summit

Introspection and journaling
Engineering your growth strategy

4:15pm - 5:00pm Wrap Up Summit

Gratitude practice
Soaring Beyond Your Edge

A decorative graphic in the top right corner of the page. It features a stylized, colorful mountain range with green, yellow, and pink peaks. Below the mountains, there are black and white contour lines and a grid pattern, suggesting a topographic map or a technical drawing.

POST SUMMIT

SIX MONTH MASTERMIND GROUP CONTINUE THE CLIMB

You will have the opportunity to be aligned with other women in an organized and facilitated mastermind group for six months after the WE2 Summit.

A **mastermind group** is a peer-to-peer mentoring concept used to help members solve their problems with input and advice from the other **group** members.

BENEFITS:

- **Stay connected**
- **Continue the conversation and learn from like-minded women**
- **Build your network**
- **Be a part of the WE2 Movement to grow strong women**