

## 2024 SAMPLE AGENDA

### WEDNESDAY, AUGUST 14

**4:00 – 6:00**      **ON Point Kick-Off Event** [The Annex Room, Lobby Level]

**6:00 – 7:00**      **Dinner (on your own)**

**ON Point** – *building a strong foundation:* [Randolph Rooms, Lower Level]

**7:00 – 8:00**      **Balance Your Wheel of Wellbeing to Optimize Performance**

### THURSDAY, AUGUST 15

**“Think – Next Level”** – *focusing on “self”:* [Randolph Rooms, Lower Level]

**6:30 – 7:30**      **Health & Wellness** – Private Yoga or Fitness Center

**8:00 – 8:45**      **Breakfast**

**Session I**      **Master a Championship Mindset & Catapult Your Confidence**

**Session II**      **Elevate Your Leadership & Executive Presence**

**Session III**      **Build Your Brand & Polish Your Pitch**

**12:45 – 1:30**      **Lunch**

**“Train – Next Level”** – *engaging with others:* [Randolph Rooms, Lower Level]

<b>1:30 – 1:45</b>	<b>ON Point Energy Booster</b>
Session I	<b>Review Your EQ-i 2.0 Assessment</b>
Session II	<b>Leverage EQ to Get to the Next Level – The Secret Weapon</b>
Session III	<b>Elevate from a Leader to a Coach</b>
<b>5:45 – 7:00</b>	<b>ON Point Team Dinner</b>
<b>7:00 – 9:00</b>	<b>ON Point Team Activity</b>

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**FRIDAY, AUGUST 16**

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**“Be – Next Level”** – *leading authentically & wholistically:* [Randolph Rooms]

<b>6:30 – 7:30</b>	<b>Health &amp; Wellness</b> – Private Yoga or Fitness Center
<b>8:00 – 8:45</b>	<b>Breakfast</b>
Session I	<b>Become a Winning Corporate Athlete</b>
Session II	<b>ON Point Action Plan</b>
<b>11:30 – 12:00</b>	<b>Finale</b>