Agenda

Day 1

Morning
Individual progress updates
Video and discussion
Considering what you want in your life as a whole
Hot Topic: ‘Getting the right work done’

Afternoon
Energy self-assessment
Life choices activity
Ideal life pattern
Introduction to mindfulness
Review of the module

Day 2 (self-directed)

(A more detailed list of suggested activities will be provided at the end of the day)

Individual activities:
Refer to the Balance section of the Resources page
Refine your Ideal life pattern

In Peer Groups:
Ideal life patterns
Prioritisation
Multitasking
Mindfulness
Life wheel/Life choices

When you have time:
Shadow a ‘balanced’ role model