

Fit to Lead! CES Leadership and Wellness Camp
De-stress, Detox, Discover and Deliver!

Day 1 (April 14, 2010)

- 2PM **OPENING PROGRAM**
Welcome Remarks
- Overview of Activities
 - Levelling of Expectations
 - Camp Rules

DE-STRESS!

- 230PM **Plenary Session 1: Work-Life Balance and Understanding Stress**
- 330PM Working Q & A Session
- 4PM **Plenary Session 2: Achieving Workplace and Personal Wellness**
- 530PM **Plenary Session 3: Nurturing the Body, Liberating the Mind**
- Collective Meditation
- 7PM Dinner

Day 2 (April 15, 2010)

- 6AM **Simultaneous Wellness Sessions**
Track 1: Yoga for Health for Intermediate Practitioners
Track 2: Yoga for Health for Beginners
Track 3: Aerobics
- Unstructured activities: Swimming, Jogging, Walking, etc
- 830AM Breakfast

DETOX!

- 930AM **Plenary Session 4: Eating Right and Practising Alternative Health**
- 1030AM Working Q & A Session
- 11AM **Plenary Session 5: “Preventing and Managing Lifestyle Diseases”**
- 12NN Lunch

DISCOVER!

130PM **Plenary Session 6: Tapping into the Inner Mind**

430PM **Plenary Session 7: Healing through Sounds**

Collective Meditation

7PM Dinner and Fellowship

Day 3 (April 16, 2010)

6AM **Simultaneous Wellness Sessions**

Track 1: Yoga for Health for Intermediate Practitioners

Track 2: Yoga for Health for Beginners

Track 3: Aerobics

Unstructured activities: Swimming, Jogging, Walking, etc

830AM Breakfast

DELIVER!

930AM **Plenary Session 8: Adapting to Change, Managing Reforms**

1030AM Working Q & A Session

11AM **Individual Workshop: Committing to De-Stress, Detox and Deliver**

1130AM Activity Evaluation and Response from Participant
Closing Program