



SENIOR LEADERS - EXCEL PROGRAM - RESIDENCY 2

NOVEMBER 18 - 19, 2025

TUES MORNING

9:00-10:00	ARRIVE & CHECK IN: COFFEE, TEA, AND SNACKS AVAILABLE	CONFERENCE HALL
10:00-12:00	SESSION 1A: CIRCLING BACK & SETTING UP OUR TIME TOGETHER SESSION 1B: CURIOUS MINDSETS - THE STORIES WE TELL OURSELVES	CONFERENCE HALL

AFTERNOON

12:30-1:15	LUNCH	MACLEAN HALL
1:15-2:30	SESSION 2: STRESS THROUGH THE LENS OF TYPECOACH	CONFERENCE HALL
2:30-3:00	BREAK - FREE TIME (SNACKS AVAILABLE)	
3:00-4:00	SESSION 3: MANAGING CHANGE	CONFERENCE HALL
4:15-5:25	FREE TIME: SETTLE INTO OUR ROOMS, EXPLORE	CONFERENCE HALL

EVENING

5:30-6:30	DINNER	MACLEAN HALL
7:00-7:45	NIGHT HIKE	
8:00 +	EVENING ACTIVITIES: CAMPFIRE	LUKE OR OUTSIDE

WED MORNING

7:00-7:30	OPTIONAL PRE-BREAKFAST ACTIVITIES PRACTICING MINDFUL PRESENCE: SELF-GUIDED TRAIL WALK, REST, JOURNAL	
8:00-8:40	BREAKFAST	MACLEAN HALL
8:45-9:00	CHECK-IN: WHAT INSIGHTS & QUESTIONS DO YOU HAVE? WHAT NEEDS TO HAPPEN TODAY TO FEEL WE HAVE FINISHED STRONG?	CONFERENCE HALL
9:00-10:15	SESSION 4: BUILDING TRUST AND PSYCHOLOGICAL SAFETY ON OUR TEAMS	CONFERENCE HALL
10:15-10:45	BREAK: CHECK OUT OF ROOMS: LOAD CARS OR BRING ALL PERSONAL ITEMS TO THE CONFERENCE HALL	CONFERENCE HALL
10:45-12:15	SESSION 5: FEEDBACK & LEADERSHIP - "TIS BETTER TO GIVE THAN RECEIVE"	CONFERENCE HALL

AFTERNOON

12:30-1:15	LUNCH	MACLEAN HALL
1:15-2:00	SESSION 6: WALKING THE LABYRINTH FOR DECISION MAKING	CONFERENCE HALL
2:00-3:30	CELEBRATE & CONSOLIDATE	CONFERENCE HALL
3:30	ON OUR WAY...	

