



Sample Program Agenda

Time	Topic	Comments
9:00 a.m.	Group Arrives Orientation	
9:30 a.m.	Group Ice Breakers	This allows participants to warm up their muscles, begin to break down barriers, become more comfortable with the group, and build trust.
10:00 a.m.	Group Initiatives	Low initiatives are group-solving activities that are designed to target the objectives of the group.
12:00 p.m.	Lunch	
12:30 p.m.	Group Initiative	Continue low initiatives that build on the experiences from earlier in the day.
1:15 p.m.	High Elements	The high elements are used both on the team and individual level. Your team will be challenged to push into new personal territory as individuals find their limits and push through.
3:50 p.m.	Final Debrief	Facilitate discussion to determine what worked, what didn't, and how to course correct as we re-enter our work environment.
4:00 p.m.	Group Departs	