

AwakeAware.

S L O W D O W N L E A N I N

Venue Location: Aspen Hall 18920 NW Shevlin Park Rd, Bend, OR 97703

Wednesday May 1

1230-1300 Arrive at Aspen Hall

1300-1330 Intro and Workshop Roadmap

1330-1600 4 Skills to Thrive In Work and Life (Orman, Cheney)

- Building Awareness
- Mastering Acceptance
- Physiologic Regulation
- Mental Recalibration

1600-1630 Group Debrief

1630-1700 Should, Won't, Must (Weingart)

1700-1730 Breathwork (Cheney)

1800-2000 Dinner at Dump City Dumplings, 1244 NW Galveston Ave, Bend, OR 97703

Thursday May 2

0930-1000 Mindful Roadmap to Stress Management: Part 1 (Mallin)

1000-1030 Acceptance of 'What Is' Doesn't Mean Not Giving a Sh*t (Cheney, Orman)

1030-1100 The Logistics of Overwhelm (Cheney, Orman)

1100-1200 Mindful Roadmap to Stress Management: Part 2 (Mallin)

1200-1300 LUNCH (Provided)

1300-1330 Top Down vs Bottom Up Problem Solving (Cheney, Orman)

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S L O W D O W N L E A R N I N G

Thursday May 2 (cont'd)

- 1330-1400 Mindful Steps: Building Awareness with Every Stride (Cheney, Orman)
- 1400-1500 Self Compassion: You're Better Than You Think (Kreismann)
- 1500-1530 Break
- 1530-1630 Big "S" Stoicism (Weingart)
- 1630-1730 Breathwork (Cheney)

Friday May 3

- 0930-1000 Mindful Roadmap to Stress Management: Part 3 (Mallin)
- 1000-1100 Navigating Inner Criticism (Orman, Cheney)
- 1100-1200 Communicating Effectively in Conflict (Weingart)
- 1200-1300 LUNCH (provided)
- 1300-1330 What if There Were No Problem to Solve? (Orman)
- 1330-1400 I'm not the Hero of Everyone's Story (Kreismann)
- 1400-1430 Communication as a Philosophy of Life (Weingart)
- 1430-1530 Integrating the Awake and Aware Skillset at Home and Work (Orman, Cheney)
- 1530-1600 Breathwork (Cheney)
- 1600-1630 Closing