

PROGRAM SESSIONS

Note: All classes are from 4:15p-5:15p in **W229**. *The content for Tuesday & Wednesday sessions are identical.*

#	<u>Tuesday</u> Dates	<u>Wednesday</u> Dates	Topics
1	<i>Tuesday only:</i> 8/23		First Session: The Stress Response, The Empowered Response, & Overview of the Program (All Together on Tuesday)
2	8/30	8/31	Mindfulness Meditation Introduction
3	9/6	9/7	Mindfulness & Self-Awareness Techniques
4	9/13	9/14	Reactivity
5	9/20	9/21	Beliefs & Thoughts
6	9/27	9/28	Self Leadership & Awe
7	10/4	10/5	Habits, Will Power, & Self-Restraint
8	<i>Tuesday only:</i> 10/11		Loving Kindness
9	10/18	10/19	Body, Energy, & Movement
10	10/25	10/26	Compassion
11	11/1	11/2	Communication & Conflict
12	11/8	11/9	Gratitude
13	11/15	11/16	Difficult Emotions: Anger, Fear, Sadness, etc.
14	<i>Tuesday only:</i> 11/22		Tying It All Together – <i>Last Session (All Together on Tuesday)</i>



The Peak Performance 1L Program is a voluntary, no-credit program consisting of 14 one-hour sessions. In order to receive a *Certificate of Completion* in the program a participant must:

- **Attend** at least **10** of the 14 above sessions and participate meaningfully in the program.
- Commit to best effort for practicing the techniques and completing exercises at home.
- Agree to approach group discussions with professionalism, openness, and civility.