

Peak Performance | PROGRAM SESSIONS

Note: All classes are from 4:00p-5:15p in Room W229

#	Dates	Topics
0	Introduction on 8/16	The Stress Response vs. The Empowered Response & Overview of Program
1	8/23	Mindfulness Meditation
2	8/30	Reactivity
3	9/6	Body, Energy, & Movement
4	9/13	Beliefs & Thoughts
5	9/20 On Your Own	Self-Care Session <i>(not meeting in our classroom – do this hour on your own; we will give instructions)</i>
6	9/27	Self-Leadership & Awe
7	10/4	Habits, Will Power, & Self-Restraint
8	10/11	Self-Compassion & Compassion for Others (“Loving Kindness”)
9	10/18	Perfectionism & Self-Awareness
10	10/25	Gratitude
11	11/1	Communication & Conflict
12	11/8	Difficult Emotions: Anger, Fear, Sadness, etc.
13	11/15	Biggest Picture: Humanity, Identity, and Love
14	11/29	Tying It All Together – <i>Last Session</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 participants will:

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