

Iron-Sharpened Leadership & Resiliency Workshop		
Time	Activity	Remarks
Day One – SEP 15, 2022		
0800-0830	Gather and sign in	
0830 - 0900	Instructor introductions and participant ice breaker and expectations	John Gronski and JoAnn Tresco
0900 – 1030	The Resilient Leader	John Gronski
1030 – 1045	Break	
1045- 1200	Unstoppable	JoAnn Tresco
1200 – 1300	Lunch	
1300 – 1500	Leadership – It Takes a Team	John Gronski
1500-1515	Break	
1515-1630	Character Strengths	JoAnn Tresco
Day Two – SEP 16, 2022		
0800 – 0815	Gather and sign in	
0815-0845	Warm up (wear comfortable clothing) and reflections on previous day	John Gronski and JoAnn Tresco
0845 – 0930	Follow up on Character Strengths	JoAnn Tresco
0930 – 0945	Break	
0945 – 1150	Cultivating Trust	John Gronski
1150 - 1200	Break	
1200-1300	Working lunch and Building resiliency in those you lead	JoAnn Tresco
1300 - 1315	Break	
1315 - 1500	Leadership Rule of Three	John Gronski
1500 - 1600	Applying what you learned, describe how you will continue to grow as a leader, and course hotwash / course evaluation.	John Gronski and JoAnn Tresco