

Iron-Sharpened Leadership & Resiliency Workshop - Scotch Plains, NJ		
Time	Activity	Remarks
Day One		
0800 - 0830	Gather and sign in	
0830 - 0900	Instructor introductions and participant ice breaker and expectations	John Gronski and JoAnn Tresco
0900 – 1100	The Iron-Sharpened Leader	John Gronski
1100 – 1115	Break	
1115 - 1200	Unstoppable 1	JoAnn Tresco
1200-1300	Lunch	
1300-1345	Unstoppable II	JoAnn Tresco
1345 – 1445	Conflict Management	John Gronski
1445-1500	Break	
1500-1600	Leading Up	John Gronski
1600-1615	Break	
1615-1645	Character Strengths	JoAnn Tresco
1645-1700	Wrap up	
Day Two		
0800 – 0815	Gather and sign in	
0815-0845	Reflections from Day 1	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, and course hotwash / course evaluation.	John Gronski and JoAnn Tresco