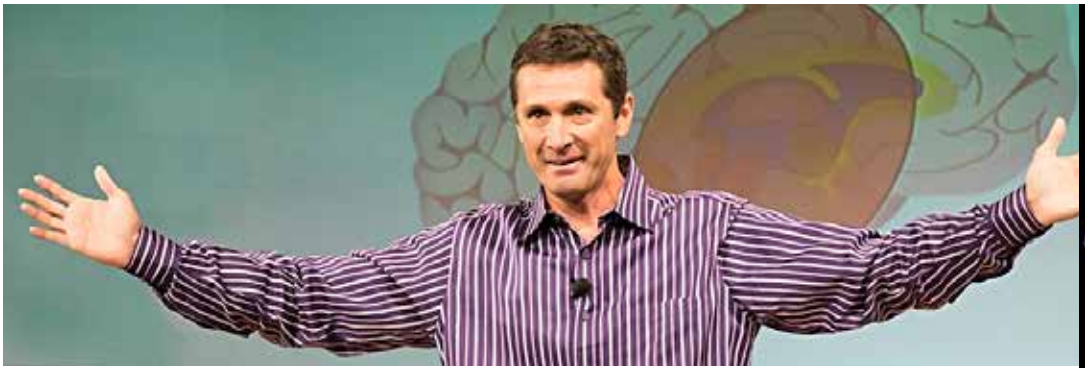

Boot Camp for Your Brain

With Daniel Friedland, MD

Presented by
Fairmont Southampton &
Willow Stream Spas
April 12 - 14

DAY 1 (FRIDAY)

Start time 4:30pm – 7:30pm

Note: schedule for the evening may be adjusted depending on arriving flights of participants. This may mean 7:00 to 10:00pm

- Welcome and introductions
- Reflecting on the life you're living and the life you want
- The barrier to your flourishing life: your brain on stress
- Your roadmap to navigating stress for peak performance
- Knowing how your brain works so you can work your brain at peak performance
- The science and experience of rewiring your brain with mindfulness practice
- An overview of The 4 in 4 Framework™ to Achieve Peak Performance

Dinner: 7:30pm Dinner on own

Note: Some minor adjustments to times on Day 2 and 3 may be made to accommodate flight departures if required on Sunday. Earliest completion of the program however is 11:30am Sunday to accommodate flights departing after 2:30 pm if required. Start times may be at 8:00am

DAY 2 (SATURDAY)

Morning Hike 7:00am – 8:00am

Morning Session 1: 9am - 10:45pm

- The key skills and practices that enable your brain to recover rapidly from stress
- Step 1 of the framework: recognizing and quickly taking the edge off your stress

Break: 10:45am - 11:00am

Morning Session 2: 11am - 12:30pm

- Step 2: Rewriting your story to extract the teeth out of stress and self-doubt

Lunch: 12:30pm - 1:30pm (provided in classroom – to go)

Afternoon Session 1: 1:30pm - 3pm

- Step 3: rewiring your brain by reflecting on what's truly important in your life

Break: 3:00pm – 3:30pm

Afternoon Session 2: 3:30pm - 5:30pm

- Step 3 (continued): implementing inspired strategies to optimize your health, relationships and work

Dinner and Evening Free from 5:30pm

DAY 3 (SUNDAY)

Morning Class 7:00am (at Willow Stream Spa)

Morning Session 1: 9am - 10:30am

- Step 4: changing your internal dialogue to stay on track and rewire your brain with what inspires your life

Break: 10:30am - 10:45am

Morning Session 2: 10:45am - 12pm

- Harnessing the 4 in 4 Framework™ to deepen your most important relationships
- The secret to simplifying all you've learned: one simple step to rewire your brain for peak performance

Morning Session 3: 12pm - 1:30pm Working lunch

- Your skills and practices for lifelong learning and ongoing transformation
- Wrap up

End of Program: 1:30pm

Willow Stream Spa Treatments (schedule on own)

WILLOW STREAM
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Reboot Your Brain for Peak Performance in 2013!