

Global Network Week 2022, IE Business School

	MONDAY, OCT. 17	TUESDAY, OCT. 18	WEDNESDAY, OCT. 19	THURSDAY, OCT. 20	FRIDAY, OCT. 21
	MM31	IE Tower	MM31	MM31	MM31
	Positive emotions & Well-being	Vitality: Sleep, Nutrition & Movement	Attention & Habit Hacking	Values, Strengths & Purpose	Leading Authentically
8:45 - 9:15	Welcome Coffee				
9:15 - 9:30	<i>Breathing and grounding exercise</i>				
9:30 - 11:00	Positive Emotions for Well-being and Resilience	The Impact of Sleep	The Science of Attention	Leading with Values	Subconscious Communication
	<i>10 min break</i>				
11:10 - 12:30	Self-awareness for Growth	Nutrition for Performance	The Art of Habit Hacking	Character Strengths for Connection	Leading through Authenticity
	<i>30 min break</i>				
13:00 - 14:20	Leadership Vision	Building strength and core (Work out session)	Willpower and Vitality for Optimal Performance	Ownership in my Leadership Design	Leadership Commitments
14:20 - 14:45	<i>Post-Experience Reflection</i>	<i>Post-Experience Reflection</i>	<i>Post-Experience Reflection</i>	<i>Post-Experience Reflection</i>	<i>Post-Experience Reflection & Wrap up</i>
16:00 - 21:00		<i>Extra curricular Activity TBC</i>		<i>Extra curricular Activity TBC</i>	

**This agenda is a draft, it could be subject to changes.*