

Global Network Week EMBA 2023, IE Business School

Holistic Leadership: From Purpose to Impact

	MONDAY, JUN. 12	TUESDAY, JUN. 13	WEDNESDAY, JUN. 14	THURSDAY, JUN. 15	FRIDAY, JUN. 16
	MM (María de Molina 31)	MM (María de Molina 31)	IE Tower	MM (María de Molina 31)	MM (María de Molina 31)
	Building Resilience through Strengths & Purpose	Vision, Focus & Healthy Habits	Vitality: Sleep, Nutrition & Movement	Leading Authentically	Connection & Commitment
8:30 - 9:00	Welcome Coffeee				
9:00 - 9:30	Welcome Remarks				
9:30 - 10:50	Positive Emotions for Well-being and Resilience <i>Lisa Bevill</i>	The Science of Attention <i>Norman Kurtis</i>	The Impact of Sleep <i>Lisa Bevill</i>	Self-Awareness and Subconscious Communication <i>Menno Bakker</i>	Authentic and Compassionate Connection <i>Ellen Buckland</i>
11:00 - 12:20	Leading Self through Character Strengths <i>Eva Herber</i>	The Art of Habit Hacking <i>Norman Kurtis</i>	Nutrition for Performance <i>Daniel de la Serna</i>	Leading through Authenticity <i>Menno Bakker</i>	Ownership in my Leadership Development Design <i>Ellen Buckland</i>
12:30 - 14:00	Lunch				
14:00 - 14:30	Teamwork				
14:30 - 15:00	Mindfulness				
15:00 - 16:20	Leading with Values & Purpose <i>Emilia Domenech</i>	Leadership Vision <i>Jill Paine</i>	Building Balance to Enhance Strength (Work out session @IE Tower Athletic Center) <i>Daniela Hervella</i>	Cisco Case Study: A New Way of Leading <i>Mario Sebastian</i>	Final Team Presentations <i>Lisa Bevill</i>
19:00 - 21:00	Cultural Activity		Teambuilding activity: Healthy cooking @KITCHEN CLUB		
21:00 - 23:00					

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