

	Monday	Tuesday	Wednesday	Thursday	Friday
Key Theme	Introduction	Identity in Christ	Intimacy with Christ	Inner Strength	Influence
9.00am		Worship and Devotions (focused on integrity & the character of God)	Worship and Devotions (focused on integrity & the character of God)	Worship and Devotions (focused on integrity & the character of God)	Worship and Short Devotion (focused on integrity & the character of God)
9.30am		Bible Teaching: Finding our true identity in Christ	Bible Teaching: Intimacy with Jesus	Bible Teaching: Resilience	Bible Teaching: Influence
10.15am		Going deeper on identity: Prayerful reflection/exercise or walk / 1:1 coaching focused on identity	Going deeper on intimacy: Prayerful reflection/exercise or walk / 1:1 coaching focused on intimacy	Group Time (starts at 10am)	Sharing action plans (Groups of 7) and feedback to the group. Setting up mentoring / peer accountability (through to 11.45 incl coffee)
11am	Coffee Break		Coffee Break	Coffee Break	Coffee Break
11.30am		Who are you really?	My life Purpose and Goals	Developing your rhythm of life	11.45 Final teaching on influence and time of worship – finishing well
1pm	Lunch and Registration	Lunch	Lunch	Lunch	Lunch and Depart
2pm	Worship and Devotions Making the most of the week How alive are you? exercise	Outdoor Exercise: Rock climbing (for different levels of skill / appetite!)	Going further on Purpose: Buddy walk / small groups	Developing resilience through creating space	
3.00pm	Tea		Tea	Tea	
3.15pm	Share ministry contexts in small groups. Pray for one another in groups (All)	Outdoor Exercise contd	Developing your Core Values and Beliefs	Teaching on influence & Developing your action plan	
4pm			Group Time	Review and prayer / 1:1 Coaching	
4.45pm	Close	Group Time			
5.30pm	Close		Close	Close	
5.30 – 6.15	1:1 coaching available	1:1 coaching available	1:1 coaching available	1:1 coaching available	
7pm	Dinner – option to join group	Dinner Together (with after dinner speaker)	Dinner on own	Dinner Together	
Evening (on own)	Review and prayer	Review and prayer: identity	Review and prayer: intimacy	Work on action plans	

Space / Reflection	Exercises	Teaching	Groups