**Leadership Day Timetable**

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| Time | Session |
| **0800 – 0815** | **Introduction to Leadership** |
| **0815 – 0900** | **Qualities of a Leader** |
| **0900 – 0930** | **Communication Skills** |
| **0930 - 1000** | **BREAK** |
| **1000- 1100** | **Group Survival Exercise** |
| **1100– 1200** | **Difficult Conversations** |
| **1200– 1230** | **LUNCH** |
| **1230– 1330** | **Managing Stress** |
| **1330- 1500** | **Delegation Skills** |
| **1500 - 1515** | **Feedback** |