

Getting the Most Out of Your Lab Experience

Experience tells us that you will benefit the most from the Lab if you fully immerse yourself. Expect to attend all the sessions, including the communal meals. As you'll see, the group interactions –in and out the sessions– play an important role.

Please be sure to read the important information below.



Your Lab Experience

The Lab will explore the role consciousness, competence, and courage plays in inclusive leadership by help you:

- Raise their *consciousness* about how they think, behave and act as inclusive leaders.
- Strengthen their *competency* with cultural fluency.
- Heighten their *confidence* to act from that current state.

Your Pre Lab Reading

Reading these articles will ensure you have the context to prepare you for the lab.

- [Article](#): Roots of White Male Culture
- [Article](#): Treasure & Challenges

About Your Participation

Lodging & Meals: Your lodging and meals are pre-arranged, beginning with dinner the first day and ending with lunch on the final day.

What to Wear: Dress for the weather, and be prepared for some light physical activity outdoors. Comfortable, casual clothing and a pair of outdoor shoes are recommended.

Two-Hour Break: On the afternoon of the second and third day, you will have two-hour breaks before dinner. Exercise, take walks, write or whatever works for you as reflection time. We understand you may need to handle work matters during the breaks, and we encourage you to use the breaks for reflections.

Schedule

Day 1

4:00–6:00pm	Opening Session
6:15–7:15pm	Dinner Evening
7:15–9:00pm	Evening Session

Day 2

7:30–8:15am	Breakfast
8:30–12:30pm	Morning Session
12:30–1:30pm	Lunch
1:30–4:00pm	Afternoon Session
4:00–6:00pm	Personal Reflection Time
6:00–7:00pm	Dinner
7:15–9:30pm	Evening Session

Day 3

7:30–8:15am	Breakfast
8:30–12:30pm	Morning Session
12:30–1:30pm	Lunch
1:30–4:00pm	Afternoon Session
4:00–6:00pm	Personal Reflection Time
6:00–7:00pm	Dinner
7:15–9:30pm	Evening Session

Day 4

7:00–7:45am	Breakfast
8:00–11:30am	Morning Session
11:30–12:30pm	Working Lunch
12:30–2:30pm	Afternoon Session and Close