



GBTC Event Schedule

This is just an example day for one of our seminars. An actual event will include more events and can span multiple days depending on your needs.



8am

- Introductions from speakers
- Reveiwing goals of the seminar & what you'll get from it

9am

- What does "Wellness" mean
- A shallow dive into the neuroscience behind what we do

10am

- Q&A and Feedback
- BREAK

11am

- Self regulation and social awareness
- Activities that help build an understanding of self regulation

12pm

- Lunch

3pm

- Understanding Human Behavior
- Transactional Analysis

1pm

- Self mastery & Communication Cycle
- Stigma mitigation

4pm

- Daily review and wrap up