

AGENDA 2025

WEDNESDAY, AUGUST 13

- 4:00 – 6:00** **ON Point Kick-Off Event**
- 6:00 – 7:00** **Dinner (on your own)**
- 7:00 – 8:00** **Balance Your Wellbeing to Optimize Performance: A Professional Wellbeing Guide for 2025**
WE WILL EXPLORE: how to develop mental resilience, mindfulness, holistic wellbeing, work-life integration, career growth without burnout, and more...

THURSDAY, AUGUST 14

- 6:30 – 7:30** **Health & Wellness** – Private Yoga, Fitness Center or Outdoor Adventure
- 8:00 – 8:45** **Breakfast**
- Session I** **Master a Championship Mindset & Catapult Your Confidence: A Winning Game Plan for You and Your Team**
WE WILL EXPLORE: how to cultivate a championship mindset, build unshakeable confidence, identify your strengths and superpowers, tackle the imposter syndrome, and more...
- Session II** **Enhance Your Leadership & Executive Presence: A Strategic Action Plan to Level Up Your Leadership**
WE WILL EXPLORE: how to show up and “own the room,” level up your executive presence, optimize your online presence, increase and broaden your influence, visibility, and more...
- Session III** **Build Your Personal Brand & Polish Your Pitch: A Foolproof Formula to Step Up & Stand Out in a Crowd**
WE WILL EXPLORE: how to create a powerful personal brand and effective pitch, manage your messaging, promote yourself internally, externally, and online, and more...
- 12:30 – 1:15** **Lunch**

1:15 – 1:30

ON Point Energy Booster

Session I

Leverage Emotional Intelligence (EQ) to Get to the Next Level: A Critical Insight Into this Secret Weapon in an AI-Driven World

WE WILL EXPLORE: what EQ is all about, why it is the ultimate differentiator from AI and game-changer when it comes to career growth, leadership, influence, success, and more...

Session II

Review Your EQ-i 2.0 Assessment: A Deep Dive into Your Individual EQ Results and Individual Development Plan (IDP)

WE WILL EXPLORE: how to process and understand your assessment results, what they mean for your individual growth and development plan, next steps, and more...

Session III

Elevate from Leader to Coach: A Playbook to Building High-Performing Teams in a Hybrid Work Environment

WE WILL EXPLORE: how to successfully implement an effective “coach approach” to develop championship teams and high-potential leaders, recruit and retain top talent, and more...

6:00 – 7:00

ON Point Team Dinner

7:00 – 9:00

ON Point Team Activity

FRIDAY, AUGUST 15

6:30 – 7:30

Health & Wellness – Private Yoga, Fitness Center or Outdoor Adventure

8:00 – 8:45

Breakfast

Session I

Become a Winning Corporate Athlete: An Elite Training Program to Reach Your Own Final 4 in 2025

WE WILL EXPLORE: how to train for long-term success by focusing on the physical, mental, emotional and sense of purpose, manage energy not just time, and more...

Session II

ON Point Ultimate Action Plan

11:30 – 12:00

Finale

Think. Train. Be. Next Level

ONPOINTNEXTLEVEL.COM

