

# Agenda

## Day One

- Welcome, introductions, establishing norms and purpose
- Understanding the foundational research
- The big picture: Our self-care framework and action plan
- Level one: Physiology
  
- Level two: Safety
- Level three: Belonging
- Guided self-reflection
- Closure and questions

## Day Two

- Welcome back, reintroductions, reminders of norms and purpose
- Review of day one
- Level four: Esteem
- Level five: Self-actualization
  
- Level six: Transcendence
- Putting it all together and creating your own action plan
- Loving accountability networking time
- Closure and evaluations