

DAY 1: Saturday 17/02/2018
Compassion & Co-operation

S. No.	Topic	Duration	Time	Tool
1.	The word Compassion	30 Min	9-9.30 am	Play
2.	Reflection on compassion	15min	9.30-9.45am	Reflection
3.	Compassionate Listening	60 min	9.45-10.45am	Appreciating Listening
	Tea Break	10min	10.45-11am	
4.	Understanding Anger	30 min	11-11.30am	Reflection & sharing
5.	Breathing out anger	10 min	11.30-11.40am	
6.	Mistakes	30 min	11.40-12.10 am	Reflection & listening
7.	Forgiveness	10 min	12.10-12.20 pm	
8.	Compassionate gifts	10 min	12.20-12.30 pm	Appreciation
9.	Changing situations	45 min	12.30-1.15 pm	Reflection & Play
	Lunch	45min	1.15-2pm	
10.	Co-operative listening	40 min	2-2.40 pm	Listening
11.	Co-operative work place	10 min	2.40-2.50 pm	Visualization
12.	Creating a team Vision	50 min	2.50-3.40 pm	Creativity
13.	Adverts-an exercise in group co-operation	30 min	3.40-4.10pm	Creativity and play
14.	Creating new perspectives	45 min	4.10-4.55pm	

DAY 2: Sunday 18/02/2018
Peace & Positivity

S. No.	Topic	Duration	Time	Tool
1.	Introduction-Values in Health Care	45 Min	9-9.45 am	
2.	Ice Breaking	15 min	9.45-10am	Reflection
3.	A high Point in working life	30 min	10.20-10.50 am	Appreciation & listening
4.	Taking values back to work	30 min	10.50-11.20am	Reflection
	Tea Break	10min	11.20-11.30min	
5.	Practicing Peace-muscle relaxation & breathing	20 min	11.30-11.50am	Visualization
6.	Practicing Peace becoming Silent	20min	11.50-12.10pm	Reflection
7.	Discovering Peace in action	30min	12.10-12.40pm	Play
8.	Designing Peace	30min	12.40-1.10pm	Reflection and sharing
	Lunch	50min	1.10-2pm	
9.	Benefits of being positive	20min	2-2.20pm	Reflection
10.	Surfacing positive thoughts	40min	2.20-3pm	Reflection
11.	Thought exchange	10min	3-3.10pm	Appreciation & play
12.	SOS-A visualisation	25min	3.45-4.10pm	Visualisation
13.	Being positive at work	40min	4.10-4.50pm	Play
14.	Turning positive thoughts	10 min	4.50-5pm	