

Week	Dates	Theme	Book	
1	01.11 - 07.11	Kick-off Event		
2	08.11 - 14.11	Conscious Business		
3	15.11 - 21.11	Leadership + Fred Kofman		
4	22.11 - 28.11	Mindfulness		
5	29.11 - 05.12	Mindfulness Workshop		The Meaning Revolution
6	06.12 - 12.12	Hanukkah Break		
7	13.12 - 19.12	Response-ability		
8	20.12 - 26.12	Humility + Perspectives		
9	27.12 - 02.1	Emotions		
10	03.1 - 09.1	Habits + Wim Hof Workshop		
11	10.1 - 16.1	Essentialism		
12	17.1 - 23.1	Reflection Meeting		
13	24.1 - 30.1	Communication + Resolution		The Power of Now
14	31.1 - 06.2	Coaching		
15	07.2 - 13.2	Teamwork		
16	14.2 - 20.2	Bio Hacking Workshop		
17	21.2 - 27.2	Stoicism		
18	28.2 - 06.3	Stoic Mantras		
19	07.3 - 13.3	Values		
20	14.3 - 20.3	Heroism		
21	21.3 - 27.3	Purim Break		
22	28.3 - 03.4	Reflection Meeting	Crucial Conversations	
23	04.4 - 10.4	Program Closing		