



# LEADERSHIP INSTITUTE

Day 1

TOPIC	MORE INFO
Check in and Breakfast	Arrive, check in, receive materials, and settle into your seats.
Welcome Message	FuelEd's CEO & Founder, Megan Marcus, welcomes the group to the FuelEd Leadership Institute.
<b>Workshop 1:</b> The Science of Relationships	We will explore the science of relationships, our role as "secure attachment figures," and set personal goals for our FuelEd experience.
Break	Take a restroom break, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
<b>Workshop 2 (Part I):</b> Empathy	Define empathy, understand its benefits, and self-assess your own empathy.
Lunch	Mingle with fellow "FuelEducators" over lunch provided by FuelEd.
<b>Workshop 2 (Part II):</b> Empathy	Develop your ability to take others' perspectives, recognize others' emotions, stay out of judgment, and communicate empathically.
Break	Take a restroom break, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
<b>Workshop 3:</b> Triggers	Gain insight into what gets under your skin or "triggers" you about others, and explore how we feel and what we need when triggered.
Building a FuelEd School	Apply what you have learned to your school environment, systems, policies, and relationships. Now that you know what you know, how would you build a FuelEd School?
<b>End of Day 1</b>	
Optional Small Groups	Connect with fellow "FuelEducators" in a small group setting to process the material from the day, share feelings, and gain deeper insights. Facilitated by FuelEd Counselors.



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Day 2

TOPIC	MORE INFO
Breakfast and Mingling	Mingle with fellow “FuelEducators” over coffee and continental breakfast provided By FuelEd.
<b>Workshop 4:</b> Self-Awareness Stories	We will use a case study of a real educator to explore how our early attachments impact us today.
Break	Go to the restroom, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
<b>Workshop 5 (Part I):</b> Attachment Styles	Learn about the different types of insecure attachment styles in adults and children and how they are formed.
Lunch	Mingle with fellow “FuelEducators” over lunch provided by FuelEd.
<b>Workshop 5 (Part II):</b> Attachment Styles	Apply what you have learned about attachment styles to your own relationships.
Break	Go to the restroom, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
<b>Workshop 6:</b> Building a Coherent Narrative	Take some time to apply the material covered so far by creating your own attachment timeline and exploring messages created by your own unique history.
Building a FuelEd School	Apply what you have learned to your school environment, systems, policies, and relationships. Now that you know what you know, how would you build a FuelEd School?
<b>End of Day 2</b>	
Optional Small Groups	Connect with fellow “FuelEducators” in a small group setting to process the material from the day, share feelings, and gain deeper insights. Facilitated by FuelEd Counselors.



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Day 3

TOPIC	MORE INFO
Breakfast and Mingling	Mingle with fellow “FuelEducators” over coffee and continental breakfast provided by FuelEd.
<b>Workshop 7:</b> Shame	Dive deep into the definition of shame, its impact on others, and your personal experiences with it, in order to enhance your shame resilience and build shame-free relationships and climates.
Break	Go to the restroom, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
<b>Workshop 8:</b> Self-Compassion	Become a secure attachment figure... to yourself! Learn tools and insights that will help you feel safe, soothed, secure, and seen.
Lunch	Mingle with fellow “FuelEducators” over lunch provided by FuelEd.
<b>Workshop 9:</b> Genuineness	Self-assess your communication style and practice a new way to express needs and feelings in a way that builds secure attachments.
Break	Go to the restroom, check your phone, get a drink, chat with a friend, take a deep breath, or short walk outside!
Building a FuelEd School	Apply what you have learned to your school environment, systems, policies, and relationships. Now that you know what you know, how would you build a FuelEd School.
Celebration	We will celebrate our growth and progress over the last few days and discuss next steps to keep the FuelEd learning going.
<b>End of Retreat!</b>	
Optional Small Groups	Connect with fellow “FuelEducators” in a small group setting to process the material from the day, share feelings, and gain deeper insights. Facilitated by FuelEd Counselors.