



I DAY AMBASSADOR TRAINING AGENDA

Day 1 (8am-5pm)

- *Target To Table Themed Breakfast*
- *Vision, Goal Setting, & Review Training Agenda*
- *On Target Living Philosophy & Principles*
- *Human Capacity Training*
- *The 3 Pillars to Success*
- *Morning Movement*
- *Target To Table Themed Lunch*
- *Building Your Business for Success (Hoshin Model, Customer Service, Product Development, - Writing, Publishing, Speaking, Website, Marketing)*
- *Decoding Your Health*
- *Know Your Numbers Workshop*
- *Mineral Water Cocktail & Superfoods Break*
- *Restorative Movement & Mindfulness Training*
- *Future Plan & Next Steps*
- *Q & A, Wrap-Up*

3.5 DAY AMBASSADORS TRAINING RETREAT AGENDA

Day 1 (5pm- 8pm)

- *Arrive & Greeted with Mineral Water Cocktail*
- *Target To Table Themed Dinner*
- *Vision, Goal Setting, & Review Retreat Agenda*
- *Restorative Movement: How to Quiet the Mind & Relax the Body*
- *Planned Sleep*

Day 2 (7:00am-8:00pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Behavior Change Principles, Beliefs & What Is Possible?*
- *On Target Living Philosophy & Principles*
- *Human Capacity Training*
- *The 3 Pillars to Success*
- *Target To Table Themed Lunch*
- *White Space & Herbal Tea Break (Planned Recovery Time)*
- *Target To Table Themed Dinner*
- *Restorative Movement & Sleep Training*
- *Planned Sleep*

Day 3 (7:00am-1:00pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Decoding Your Health: Know Your Numbers Workshop*
- *Building Your Business (Hoshin Model, Customer Service, Product Development)*
- *Writing, Publishing, Speaking, Website, Marketing)*
- *Target To Table Themed Lunch*