



**Jerry R. Sims WASFAA Management & Leadership Institute  
Escape to New Heights - November 2022 - Long Beach, CA**

	WEDNESDAY NOV 16	THURSDAY NOV 17	FRIDAY NOV 18
7:30 - 8:30	Breakfast	Breakfast	Breakfast
8:30 - 9:15	<b>Welcome &amp; Introductions</b>	<b>Empowerment Leadership</b>	<b>Mentorship</b>
9:15 - 9:30	Well-being time	Well-being time	Well-being time
9:30 - 10:15	<b>Identifying as a Leader</b>	Small Group	<b>Reinventing You</b>
10:15 - 10:30	Well-being time	Well-being time	Well-being time
10:30 - 11:15	Small Group	<b>Importance of Rest</b>	Small Group
11:15 - 11:30	Small Group	Well-being time	Well-being time
11:30 - 12:00	Well-being time	Small Group	<b>Wrap Up Session - Escape to New Heights</b>
12:00 - 1:00	Lunch	Lunch	Depart
1:00 - 1:45	<b>Imposter Syndrome</b>	Well-being time	
1:45 - 2:00	Well-being time	Well-being time	
2:00 - 2:45	<b>Goal Setting Tools</b>	<b>Performance Gaps</b>	
2:45 - 3:00	Well-being time	Well-being time	
3:00 - 3:45	Small Group	Small Group	
3:45 - 4:00	Well-being time	Well-being time	
4:00 - 4:45	<b>IDEEA Session</b>	<b>Volunteering, Engagement, and Growth</b>	
4:45 - 5:00	Small Group	<b>4:45 – 5:00 Beyond Small Talk</b> 6:00 Reception with WASFAA Executive Council	