

# PROGRAM: COMMON HEALTH

PARTNERSHIP BUILDING ACTIVITY FOCUSED ON WELLBEING AND PERSONAL DEVELOPMENT



	Day 1 22.11.	Day 2 23.11.	Day 3 24.11.	Day 4 25.11.	Day 5 26.11.
8:00 - 9:00		Mindful Breakfast	Mindful Breakfast	Mindful Breakfast	Mindful Breakfast + Departures
09:30 - 13:00		<b>Get2know</b> <b>Wellbeing &amp; Me</b>	<b>Book Your Date:</b> Matchmaking for future projects, One2one sessions <b>Innovative Techniques Workshop</b>	<b>Creating Common International Projects</b>	Departures 8 - 10
13:00		Common Lunch	Common Lunch	Common Lunch	
15:30 - 18:30	Arrivals 16 - 18	<b>Wellbeing Market:</b> Presentations of organizations <b>Mindfulness Workshop:</b> Time for YOUR wellbeing	<b>Micro &amp; Macro clima of my organization</b> <b>INSPIRATION Workshop:</b> Display of successful projects <b>Let' start new projects TOGETHER</b>	<b>Project Management + Next Steps</b> <b>Evaluation</b>	
18:30	Digestive Dinner	Digestive Dinner	Digestive Dinner	Digestive Dinner	
20:00	<b>Welcome in the Common Health</b>	<b>Chat &amp; Tea</b>	<b>Power of Togetherness</b>	<b>See You Soon evening</b>	