

## SYNERGIZE SAMPLE AGENDA

8:00 AM

WELCOME / EXPECTATIONS

8:15 – 11:45 AM

SESSION A

What is an Ignition mentor?

Team formation & Confessions

What's The Big Idea?

*[Ignite day planning: Opening, tour, ropes, FAQ session]*

Ignite & Fuel social-distancing style

Practice Ignite teambuilding activity and/or 1st Fuel session

12:30 – 3 PM

SESSION B

Repeat above with remaining mentors

## TRAIN SAMPLE AGENDA

8:00 AM

WELCOME / EXPECTATIONS

8:15 – 11:45 AM

SESSION A

Why build trust? How does trust work?

Safety & social-distancing expectations

Kung-fu intros

Tank

Moon Ball

Time warp

Debrief practice

12:30 – 3 PM

SESSION B

Repeat above with remaining mentors

