

# 5 week program

## Course schedule

### Pre-work

*May 1 – 5*

#### Get set up (9 min)


- 1 min: download app
- 3 min: watch intro video
- 5 min: schedule two coaching calls

### Week 1

*May 6 – 12*

#### Increase productivity (9 min)

- 3 min: we are distracted
- 4.5 min: focused attention training
- 1.5 min: how to practice

 **1:1 coaching  
(15 min)**

### Week 2

*May 13 – 19*

#### Manage emotions (9 min)

- 3 min: emotions are important
- 4.5 min: mindful email
- 1.5 min: how to practice

### Week 3

*May 20 – 26*

#### Improve outlook (8.5 min)

- 2.5 min: the negativity bias
- 4.5 min: noticing goodness
- 1.5 min: how to practice

### Week 4

*May 27- Jun 2*

#### Cultivate empathy (8.5 min)


- 3 min: why empathy matters
- 4 min: just like me
- 1.5 min: how to practice

### Week 5

*Jun 3 – 9*

#### Closing (4 min)

- 2 min: one breath
- 2 min: what now?

 **1:1 coaching  
(15 min)**