

## Ascend 2010 Schedule of Events

Wonder how packed the schedule will be in order to change lives and jumpstart people's years in just one day? It's a lot, but we promise it will be enriching, rewarding, interesting and, a lot of fun!

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TIME	SESSION
8:30-9:00	Check-in
9:00-9:45	Introduction and welcome with Sal Silvester, 5.12 Solutions
9:45-10:50	Health and Wellness Panel and Goal Setting
10:50-11:00	Break
11:00-12:00	Personal Finances with Peter Braun and Financial Goal Setting
12:00-1:00	Lunch (provided)  If you choose, you can continue the conversation at one of our "What's Money Got to Do with It?" topic tables. Share with and learn from others on topics such as setting and sticking to a budget, planning for the future and several others.
1:00-2:15	Career Breakouts and Goal Setting  No matter what your relationship with your career, there's a discussion for you to join. A team of experts will discuss the nuts and bolts of starting your own business, how to recession-proof your job and how to find work that's truly fulfilling.
2:15-2:30	Break
2:30-3:30	Creating the Map: Bringing it all together  Sal Silvester will lead you through the process of transferring the goals you've set to real life.
3:30-4:00	Breaking Through Boundaries  An exciting end to the day!

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