

# Sample Daily Schedule (Pacific Time)

<b>9:30 - 10:00 am:</b>	<b>Coffee Chat + Intention setting</b> <i>An informal daily check in to set intentions and talk with your cohort.</i>
<b>10 am - 12 pm:</b>	<b>Instructor-led Group Workshop</b> (2 hours, daily)
<b>12 - 1 pm:</b>	<b>Lunch Break</b>
<b>1-3 pm:</b>	<b>Structured activities &amp; Group Sharing</b>
<b>3 - 7 pm:</b>	<b>Open Mic Space</b> <i>(optional)</i> <i>Participants can gather on Zoom to converse, connect, and share.</i>



**Hedgebrook**  
WOMEN AUTHORIZING CHANGE