## TAR(·)GET

| Topic  | Month  | Activity  | Timetable  | Max. Participants  | Room    |
|--|--|---|--|--|---------|
|  | JANUARY  |   |  |  |         |
| Mental Health and<br>Impact<br>Entrepreneurship            | 17   | Shot well-being                                 | -  | -  | -       |
|  | 22   | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 25   | Teaser  | 11:30-12:30  | 15   | 55      |
|  | 29   | Workshop  | 11:30-13:00  | 20   | Bica    |
|  | FEBRUARY   | -   |  |  |         |
| The Certainty of<br>Uncertainty                            | 7  | Shot well-being                                 | -  | _  | _       |
|  | 14   | Teaser  | 11:30-12:30  | 15   | Bica    |
|  | 19   | Workshop  | 11:30-13:00  | 20   | Bica    |
|  | 26   | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | MARCH  | 1 ounders enter                                 | 3.00° 10.13  | 10   | Dica    |
| My Mental Health on the<br>Other                           | 6  | Shot well-being                                 | -  | -  | _       |
|  | 11   | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 13   | Teaser  | 12:00-13:00  | 15   | Bica    |
|  | 25   | Workshop  | 11:30-13:00  | 20   | LSE     |
|  | APRIL  | Workshop  | 11:50-15:00  | 20   | LSE     |
| Psychological Safety and<br>Emotional Intelligence         |  | Chaturall bains                                 |  |  |         |
|  | 3  | Shot well-being                                 | -  | -  | -       |
|  | 8  | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 10   | Teaser  | 11:30-12:30  | 15   | Terrace |
|  | 15   | Workshop  | 11:30-13:00  | 20   | LSE     |
|  | 23   | Coaching Individual<br>(Online)                 | 09:30 - 10:30  <br>11:00 - 12:00   | 1  | -       |
|  | 24   | Yoga  | 9:15-10:15   | 15   | Bica    |
|  | 30   | Coaching Individual(P)                          | 09:30 - 10:30  | 1  | Aquário |
|  | 30   | Coaching Team (P)                               | 11:00 - 12:30  | 5  | Aquário |
|  | MAY  |   |  |  |         |
| Burnout  | During the month   | Shot well-being                                 | -  | -  | -       |
|  | 13   | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 15   | Workshop/Teaser                                 | 11:30-12:30  | 15   | Bica    |
|  | 20   | Workshop (ONLINE)                               | 11:30-13:00  | 20   |         |
|  | 24   | Coaching Individual (P)                         | 09:30 - 10:30  | 1  | Aquário |
|  | 24   | Coaching Team (P)                               | 11:00 – 12:30  | 5  | Aquário |
|  | 28   | Coaching TEam (P)                               | 11:00 - 12:30  | 5  | Bica    |
|  |  |   |  |  |         |
|  | 28   | Coaching Individual<br>(Online)                 | 17:00 – 18:00  <br>18:30 – 19:30   | 1  | -       |
|  | 29   | Yoga  | 9:15-10:15   | 15   | Bica    |
|  | JUNE   |   |  |  |         |
| Presence: a key<br>leadership skill                        | 3  | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 17   | Workshop  | 11:30-13:00  | 20   | LSE     |
|  | 25   | Coaching Individual                             | 17:00 - 18:00  | 1  | -       |
|  | 26   | (Online)<br>Yoga                                | 18:30 - 19:30<br>17:00 - 18:00   | 15   | Bica    |
|  | 27   | Coaching Team (Online)                          | 14:00 - 15:30  | 5  | - Dica  |
|  | 28   | Coaching Individual (P)                         | 10:00 - 11:00  | 1  | Aquário |
|  | 28   | Coaching Team (P)                               | 11:30 - 13:00  | 5  | Aquário |
|  |  | Coacining realit (P)                            | 11:30 - 13:00  | )   3  | Aquar10 |
| Knowing how to make<br>mistakes - the art of<br>compassion | JULY   | Train de la | 0.00.4045  | 40   | D.      |
|  | 8  | Founders circle                                 | 9:00-10:15   | 10   | Bica    |
|  | 10   | Workshop/Teaser                                 | 11:30-12:30  | 15   | Bica    |
|  | 15   | Workshop  | 11:30-13:00  | 20   | LSE     |
|  | 23   | Coaching Individual<br>(Online)                 | 17:00 - 18:00  <br>18:30 - 19:30   | 1  | -       |
|  | 24   | Yoga  | 17:00-18:00  | 15   | Bica    |
|  | 25   | Coaching Team (online)                          | 14:00-15:30  | 5  | -       |
|  | 26   | Coaching Individual (P)                         | 10:00-11:00  | 1  | Aquário |
|  | 26   | Coaching Team (P)                               | 11:30 – 13:00  | 5  | LSE     |
|  | And the state of t | 7711110 7 11111 (-)                             | The second secon | THE RESERVE TO THE RE |         |

