



DEVELOPMENT AND LEADERSHIP COACHING

EXAMPLE MODEL WEEK

◀ ▶ Sunday, September 16 – Saturday, September 22, 2012 (Week 38)							
	16 Sunday	17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
6 AM		Interval Training	Weight Training	Interval Training	Weight Training	Interval Training	
7		Creative Content Work		Creative Content Work		Creative Content Work	Creative Content Work
8			Breakfast Meeting or Follow-up Work		Faculty-Staff Devotions		
9		Advancement Leadership Team Meeting (Lauren, Michelle) Zach's Office	Phone calls, coffee meetings, ad hoc group meetings	Phone calls, coffee meetings, ad hoc group meetings	Breakfast Meeting 8:15 start time	No meetings (Reserved for special projects, golf, or special events. Needs my approval to schedule)	Weight Training
10		Video Conference with Erica	Break	Break	Follow-up work		
11							
12 PM		Weekly Prospect Meeting with Steve Lauer Qdoba	Lunch Meeting	Lunch Meeting	Lunch Meeting		
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2		Discipleship mtg w/Stan Bower	Meetings in the office		Meetings in the office		
3				Pickup Nathan, Homework, and Time Together			
4		Meeting: Sarah Holley Zach's Office			Success Mtg w/ Steve Lauer		