



Practical Suggestions for Participation

Here are some practical suggestions to support your participation in the Unlearn You Seminar:

- Arrive around 8:30 AM to allow time to find the room, register, get your name tag, and settle in. The seminar will begin promptly at 9:00 AM.
- Eat a substantial breakfast and bring a snack.
- There will be breaks during the day, which will include a dinner break of approximately 1½ hours.
- Bring a bag lunch each day, as there may not be enough time to eat at a restaurant.
- Dress comfortably and casually. Bring a sweater because the training room tends to be cool.
- Review the training ground rules. You will be asked to commit to honoring these rules.