



Momentum Upward Class 5

Date: Tuesday, September 12, 2023
Time: 8:00 AM – 11:30 AM Class
Session: You Asked For It
Trainer: April Benetollo & Kathy Boswell
Location: Lakeshore Foundation, 4000 Ridgeway Dr, Birmingham, AL 35209

8:00 Welcome & Mindfulness
8:15 Know Your Value
Break
Getting Things Done
Break
Time Management
Break
Peer to Leader
Break
Managing Up and Down
11:20 Announcements & Celebrations
11:30 Adjourn