

# SEASON 1

## YEARLONG PLAN

### HIT THE GROUND RUNNING

August

**TOPIC:** Recovery  
**KEYNOTE:** I Can Handle Any Hurdle  
**BRAIN RESEARCH:** Neurobiology and Resilience  
**BEST PRACTICES:** Building Inclusion  
**LEADERSHIP FOCUS:** Resilience

September

**TOPIC:** Urgency  
**KEYNOTE:** Run Like Your Phone is at 1%  
**BRAIN RESEARCH:** The Brain and Initiative  
**BEST PRACTICES:** Transitions and Timing  
**LEADERSHIP FOCUS:** Initiative

### GETTING IN CONDITION

October

**TOPIC:** High Engagement  
**KEYNOTE:** Everybody's Smart: What are your gifts?  
**BRAIN RESEARCH:** Emotion and Attention  
**BEST PRACTICES:** Engagement Structures: No one sits the bench  
**LEADERSHIP FOCUS:** Cooperation

November

**TOPIC:** Self-Efficacy  
**KEYNOTE:** I Don't Sweat... I Leak Awesome  
**BRAIN RESEARCH:** The Brain and Self Efficacy  
**BEST PRACTICES:** Self Regulation Strategies  
**LEADERSHIP FOCUS:** Self-Control

### PACING YOURSELF

December

**TOPIC:** Joy  
**KEYNOTE:** Finding Your Runner's High  
**BRAIN RESEARCH:** The Brain Science of Happiness  
**BEST PRACTICES:** How to Integrate Joy into your Instruction  
**LEADERSHIP FOCUS:** Sense of Humor

January

**TOPIC:** Awareness  
**KEYNOTE:** As We Run, We Become Runners  
**BRAIN RESEARCH:** Neurobiology of Awareness  
**BEST PRACTICES:** Collaboration as a check for understanding  
**LEADERSHIP FOCUS:** Awareness

February

**TOPIC:** Being in the Moment  
**KEYNOTE:** Run the Mile You're In  
**BRAIN RESEARCH:** Health Benefits Using Gratitude  
**BEST PRACTICES:** Embedding Gratitude into your Curriculum  
**LEADERSHIP FOCUS:** Gratitude

### THE FINAL STRETCH

March

**TOPIC:** Memory  
**KEYNOTE:** Tough Runs Don't Last, Tough Runners Do  
**BRAIN RESEARCH:** The Brain, Anxiety, and Test Taking  
**BEST PRACTICES:** Test Taking Strategies  
**LEADERSHIP FOCUS:** Courage

April

**TOPIC:** Work Ethic  
**KEYNOTE:** Don't Chase Your Dreams, Run Them Down  
**BRAIN RESEARCH:** The Brain and Motivation  
**BEST PRACTICES:** Peer to Peer Feedback/Evaluation  
**LEADERSHIP FOCUS:** Effort

May

**TOPIC:** Innovation  
**KEYNOTE:** The finish Line is Just the Beginning  
**BRAIN RESEARCH:** Novelty, Interest and the Brain  
**BEST PRACTICES:** End of the Year Closure Strategies  
**LEADERSHIP FOCUS:** Creativity