



### Your 21 Day Immersion Schedule

Following is the 21 Day Immersion Schedule for the Rich Litvin Intensive. In addition to the below schedule there will be outside challenges and questions for reflection to help you apply your insights.

*Brilliance Sessions* are run by members of 4PC – Rich’s community of high-level coaches. All Brilliance Sessions will be recorded. You can choose to attend as many as you would like.

All sessions will be recorded. You will be able to listen in to any sessions you missed or listen to a session again for additional insight.

This tool will support you to check these times in your time zone:

<https://www.timeanddate.com/worldclock/converter.html>

<b>**Optional** Technology Support Session – Tuesday April 28, 2020</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Get support using Zoom or the RLI App

<b>Day 1: Vulnerability Day – Thursday April 30, 2020</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group

<b>Day 2: Powerful People Day – Friday May 1, 2020</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group

<b>Day 3: Powerful Language Day – Saturday May 2, 2020</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group

<b>Day 4: Powerful Stories Day – Sunday May 3, 2020</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group

<b>Friction Week Week of May 4, 2020</b>		
<b>Tuesday – May 5</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Wednesday – May 6</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Thursday – May 7</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group

<b>Traction Week</b>		
<b>Week of May 11, 2020</b>		
<b>Tuesday – May 12</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Thursday – May 14</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Friday – May 15</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich
11:30 AM PDT / 2:30 PM EDT / 7:30 PM BST	60 Minutes	Meet with your small group
<b>Momentum Week</b>		
<b>Week of May 18, 2020</b>		
<b>Monday – May 18</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
7 AM PDT / 10 AM EDT / 3 PM BST	60 Minutes	Brilliance Session
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Tuesday – May 19</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	60 Minutes	Brilliance Session
11 AM PDT / 2 PM EDT / 7 PM BST	60 Minutes	Brilliance Session
1 PM PDT / 4 PM EDT / 9 PM BST	60 Minutes	Brilliance Session
<b>Wednesday – May 20</b>		
<b>Session Begins At:</b>	<b>Duration:</b>	<b>Session:</b>
9 AM PDT / 12 PM EDT / 5 PM BST	90 Minutes	Teaching & Coaching with Rich