

Week	Date	Time	Location	Topic	Learning Objective	Quote
Week 1						
	Mon. 7/5/21	7:00 AM	E. Rancho House	Begin With the End in Mind	To establish cohort expectations and agreements	To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction. -Stephen Covey
	Tues. 7/6/21	7:00 AM	Rancho Dominguez Park	Goal Orientation	To set goals for the summer intensive	Create the highest grandest vision possible for your life, because you become what you believe. -Oprah Winfrey
	Weds. 7/7/21	7:00 AM	Rancho Dominguez Park	Bootcamp	Gain strength, flexibility, and assistance with fitness goals; enhance awareness of mind body connection.	Stop whining. -Arnold Schwarzenegger
	Thurs. 7/8/21	7:00 AM	Zoom	Introduction to Accountability	Understand the nature, importance, and mechanisms of accountability	Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions. -John Di Lemme
Week 2						
	Mon. 7/12/21	7:00 AM	E. Rancho House	Intro to Financial Healing	To understand and practice personal budgeting	A budget is telling your money where to go, instead of wondering where it went. -John Maxwell
	Tues. 7/13/21	7:00 AM	E. Rancho Dominguez Park	Spiritual Warrior Training	Gain strength, flexibility, and assistance with fitness goals; enhance awareness of mind body connection.	Mental toughness is a lifestyle. -David Goggins
	Weds. 7/14/21	7:00 AM	E. Rancho Dominguez Park	Accountability Report	To revise and implement plans for work and housing	Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility. -Sigmund Freud
	Thurs. 7/15/21	7:00 AM	Zoom	Accountability Report	To provide and receive goal-oriented accountability from the cohort	Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenge, wish for more wisdom. -Jim Rohn
Week 3						
	Mon. 7/19/21	7:00 AM	E. Rancho House	Financial Healing 2	To prepare August 2021 budgets	Too many of us are not living our dreams because we are living our fears. -Les Brown
	Tues. 7/20/21	7:00 AM	E. Rancho Dominguez Park	Overcoming barriers	To understand personal growth as systems change	God will work anything out that you allow [Him] to. -Jaime Gregory
	Weds. 7/21/21	7:00 AM	E. Rancho Dominguez Park	Bootcamp	Gain strength, flexibility, and assistance with fitness goals; enhance awareness of mind body connection.	"If you really want to do it, you do it. There are no excuses." —Bruce Nauman
	Thurs. 7/22/21	7:00 AM	Zoom	Accountability Report	To provide and receive goal-oriented accountability from the cohort	"We have more ability than willpower, and it is often an excuse to ourselves that we imagine that things are impossible." —François de la Rochefoucauld
Week 4						
	Mon. 7/26/21	7:00 AM	E. Rancho House	Financial Healing 3	To understand marketing, propaganda, and consumerism strategies	"It is even more foolish to buy an unnecessary thing on credit." —Mokokoma Mokhonoana
	Tues. 7/27/21	7:00 AM	E. Rancho Dominguez Park	How to Get What We Really Want	Understand and engage Wayne Dyer's 4 steps to getting what you really want	The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat. -Napoleon Hill
	Weds. 7/28/21	7:00 AM	E. Rancho Dominguez Park	Bootcamp	Gain strength, flexibility, and assistance with fitness goals; enhance awareness of mind body connection.	Most people leave this life with the greatest pain a human can experience—regret. Looking all the way back across their lives, they say, when it's too late, 'My God, could have done something great. I had the chance, but I didn't have the courage.' Let that not be you. -James Arthur Ray
	Thurs. 7/29/21	7:00 AM	Zoom	Accountability Report	To provide and receive goal-oriented accountability from the cohort	He who starts behind in the great race of life must forever remain behind or run faster than the man in front. -Benjamin E. Mays
Week 5						
	Mon. 8/2/21	7:00 AM	E. Rancho House	Financial Healing 4	To understand and apply debt snowballing	Dripping water hollows out stone, not through force but through persistence. -Ovid
	Tues. 8/3/21	7:00 AM	E. Rancho Dominguez Park	Goal Orientation	To evaluate current goals and progress	"The measure of intelligence is the ability to change" - Albert Einstein
	Weds. 8/4/21	7:00 AM	Zoom	Creating a portfolio	To create and compile a professional portfolio	If you don't toot your own horn, don't complain that there's no music. -Guy Kawasaki
	Thurs. 8/5/21	7:00 AM	Zoom	Graduating ASAP	To create course maps	If you don't know where you are going, you might wind up someplace else. -Yogi Berra
Week 6						
	Mon. 8/9/21	7:00 AM	E. Rancho House	Financial Healing 5	To understand a debt-free perspective	Neither a borrower nor a lender be; for loan doth oft lose both itself and friend, and borrowing dulls the edge of husbandry. -Polonius in Hamlet
	Tues. 8/10/21	7:00 AM	E. Rancho Dominguez Park	Accountability Report	To provide and receive goal-oriented accountability from the cohort	The one who complains about the way the ball bounces is likely to be the one who dropped it. -Lou Holtz
	Weds. 8/11/21	7:00 AM	E. Rancho Dominguez Park	Bootcamp	Gain strength, flexibility, and assistance with fitness goals; enhance awareness of mind body connection.	You have no excuses, so no matter what, your nose bleeds, it's that time of the month, the kids are crying, you don't feel like it, your back hurts, you got aches and pains. It's still your mother*cking set. Let's get it done! -C.T. Fletcher

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	Thurs. 8/12/21	7:00 AM	Zoom	Multi-Cultural Understanding	To acquire tools and concepts that promote communication and collaboration within diverse communities	It is certain, in any case, that ignorance, allied with power, is the most ferocious enemy justice can have. -James Baldwin
Week 7						
	Mon. 8/16/21	TBD	Zoom	Mock Interviews	To demonstrate key employability skills including communication, critical thinking, workplace appearance, and timeliness	
	Tues. 8/17/21	TBD	Zoom	Mock Interviews	To demonstrate key employability skills including communication, critical thinking, workplace appearance, and timeliness	
	Weds. 8/18/21	TBD	Zoom	Mock Interviews	To demonstrate key employability skills including communication, critical thinking, workplace appearance, and timeliness	
	Thurs. 8/19/21	TBD	Zoom	Mock Interviews	To demonstrate key employability skills including communication, critical thinking, workplace appearance, and timeliness	
Week 8						
	Mon. 8/23/21	TBD	E. Rancho Dominguez Park	Exit Interviews	To provide/gain feedback in order to improve the cohort participant experience	
	Tues. 8/24/21	TBD	E. Rancho Dominguez Park	Exit Interviews	To provide/gain feedback in order to improve the cohort participant experience	
	Weds. 8/25/21	7:00 AM	E. Rancho Dominguez Park	Bootcamp	To provide/gain feedback in order to improve the cohort participant experience	
	Thurs. 8/26/21	TBD	E. Rancho Dominguez Park	Exit Interviews	To provide/gain feedback in order to improve the cohort participant experience	