



PHASE 5/MASTER CADET/LEVEL 5 WORKSHOP SCHEDULE

FRIDAY

TIME	ACTIVITY	ACTION
1900-1930	Instructor Meeting	Instructors
1900-2200	Arrival of Cadets/ Free time	Supervising Officers
2200-2230	Washing stations	Supervising Officers
2230	Lights out	Supervising Officers

SATURDAY

TIME	ACTIVITY	ACTION
0600-0645	Wakey Wakey & washing stations	All
0645-0730	Breakfast	All
0730-0740	Separation of cadets into syndicates	Supervising Officers
0745-0945	ROTATION #1: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
0945-1000	Stand Easy	Supervising Officers
1000-1100	ROTATION #1: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1100-1200	ROTATION #2: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1200-1245	Dinner	All
1245-1445	ROTATION #2: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1445-1500	Stand Easy	Supervising Officers
1500-1600	Mess Dinner Instruction	PMC
1600-1800	Washing stations/ Mess dinner preparation/ Free Time	Supervising

		Officers
1800-2000	Mess Dinner	All
2000-2130	Free Time	Supervising Officers
2130-2200	Washing Stations	Supervising Officers
2200	Lights Out	Supervising Officers

SUNDAY

TIME	ACTIVITY	ACTION
0600-0645	Wakey Wakey & washing stations	All
0645-0730	Breakfast	All
0730-0930	ROTATION #3: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
0930-0945	Stand Easy	Supervising Officers
0945-1045	ROTATION #3: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1045-1200	ROTATION #4: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1200-1245	Dinner	All
1245-1430	ROTATION #4: Workshop – Personality & Group Dynamics/ Workshop – Team Building/ Workshop – Communication Tools/ Workshop – Ethics: Making Tough Choices	Instructors
1430-1445	Workshop Evaluations/ Debrief	Instructors
1445-1530	Cleaning Stations – Debrief Instructor Meeting	All
1530	Depart	All