

## SENIOR HANDS WEEKEND - SCHEDULE

	Saturday	Sunday
0900-0930	Welcome Informal Meet & Greet. Catch Up on what they did since Stand Down, Meet SLt Ellis	Welcome Re-cap of Saturday's Lessons.
0930-1000 Period 1	M403.01 Describe the Needs and Expectations of Team Members	M403.05 Participate in a Mentoring Relationship
1000-1030 Period 2	M403.02 Select a Leadership Approach	
1030-1045	Break	Break
1045-1215 Period 3	Leadership Activity	Leadership Activity

### LUNCH 1215-1300

	Saturday	Sunday
1300-1400 Period 4	M403.03 Describe How to Motivate Team Members	M403.06 Act as a Team Leader During a Leadership Appointment
1400-1415	Break	Break
1415-1515 Period 5	M403.04 Provide Feedback to Team Members	Interactive Discussion: How do we put Leadership principles into practice in the Unit both in-person and virtually?
1515-1600 Period 6	Leadership Activity	Leadership Activity
1600-1630	Daily Recap	
1630	Liberty Boat	

## SENIOR HANDS WEEKEND KIT LIST

03 OCT 2020 AND 04 Oct 2020

Cadets are to arrive at RCSCC 31 (Lion Sea Cadets) LHQ NLT 0900hrs  
Saturday October 3 and Sunday October 4, 2020.

PARENTAL/ GUARDIAN PICK UP Times both days is 1630hrs

	Water Bottle (Your name MUST be on your personal water bottle)
	Dress of the Day: Corps T-shirt, Corps Cap, appropriate civilian attire for the weather
	PPE - Cloth Mask (hand sanitizer will be provided)
	Bag Lunch (Microwave not available)
	Snack
	Running shoes
	Notepad and pen/pencil
	<b>Optional</b> (but will be used for activity): Cell phone, tablet/ laptop (NOTE: RCSCC Lion is not responsible for lost or stolen personal equipment)
	Backpack
	Positive Attitude!