



RISE Program

2024-25 Spring Program Schedule Cohort A

The training dates below all occur virtually. Note, while the dates will not change, the topic areas are subject to change based on the cohort you are placed in.

| Date | Session | Time | | |
|---------------------------|--|------------------------|-----------------------|-----------------------|
| | | EST | CT | PST |
| Friday, January 24, 2025 | Session 1: Welcome & Culture | 10:30AM - 4:30PM | 9:30AM - 3:30PM | 7:30AM - 1:30PM |
| Friday, February 7, 2025 | Session 2: Finance, Self-Care, & Communication Styles | | | |
| Friday, February 21, 2025 | Session 3: Identity | | | |
| Friday, March 14, 2025 | Session 4: Goal Setting & Workplanning | | | |
| Friday, April 11, 2025 | Session 5: Individual Development | | | |
| Friday, May 2, 2025 | Session 6: Future Planning | | | |
| Friday, May 16, 2025 | Session 7: Values | | | |
| Friday, May 30, 2025 | Session 8: Wrap Up Day | | | |

In addition to the training dates listed above, RISE students located in similar geographic areas to other students may also have opportunities to meet in-person over the course of the program.