



## RISE Program

### 2026 Spring Program Schedule Cohort C

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 30, 2026  | <b>Session 1:</b> Welcome                                   | 10:30AM<br>-<br>4:30PM | 9:30AM<br>-<br>3:30PM | 7:30AM<br>-<br>1:30PM |
| Friday, February 13, 2026 | <b>Session 2:</b> Public Narrative and Communication Styles |                        |                       |                       |
| Friday, March 6, 2026     | <b>Session 3:</b> Identity                                  |                        |                       |                       |
| Friday, March 20, 2026    | <b>Session 4:</b> Goal Setting & Workplanning               |                        |                       |                       |
| Friday, April 18, 2026    | <b>Session 5:</b> Individual Development                    |                        |                       |                       |
| Friday, May 1, 2026       | <b>Session 6:</b> Future Planning                           |                        |                       |                       |
| Friday, May 15, 2026      | <b>Session 7:</b> Culture, Finance, and Negotiation         |                        |                       |                       |
| Friday, May 29, 2026      | <b>Session 8:</b> 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.