

**Know Your Enemy;
The best offense is a good defense
2021 Spring ESR Schedule**

9.45 - Zoom Link available to sign in

10.00 - Welcome and Introductions

10.30 - Lesson 1

11.30 - Stretch your legs, and grab a coffee! ☐ ☐

11.45 - Discussion time

12.30 - Lunch (Link will remain open, so we can eat "together"!) ☐ ☐

13.30 - Group activities

14.30 - Lesson 2

15.30 - Stretch your legs, and grab (another!) coffee! ☐ ☐

15.45 - Discussion time

16.30 - "Group" picture and Chit chat

17.00 - Goodbye!

*We will officially start at 10.00, but we encourage you to sign in early (link available starting at 9.45). This will give us a few minutes to greet each other and also to try and resolve any connection issues.

**Try to have your lunch ready before we start. We'll leave the link open during the lunch time so that those who wish to eat together and chat with each other can do so.