

PARTNER PROGRAMMING

For the first time, PAC is offering specially curated programming for spouses, partners, and allies. Over the course of the week, guests will have the opportunity to engage in four unique sessions designed to provide valuable insights into the transition work our members are undertaking. These sessions will also offer meaningful opportunities for personal growth, connection, and ways to support your loved one's journey while advancing your own.

DAY 1: NORMALIZE THE STRUGGLE FIRESIDE CONVERSATION

Saturday, September 14th at 6:15 PM on the 7th floor

Join our fireside chat as we explore the psychology of athletes transitioning to their next chapter. We'll demystify the journey, offering clarity and strategies for navigating uncertainty and redefining identity. Our panel of experts will share insights on common challenges and actionable ways to progress. Embracing vulnerability is key for personal growth and resilience, paving the path to success beyond sports. Let's embark on a journey of empowerment, normalize the struggle, and celebrate the resilience of the human spirit. *With Julius Thomas, Jay Ross, and Robbie Tubajon*

DAY 2: THE PAC LEARNING SYSTEM: TIMEBLOCKING & TACKLING

Sunday, September 15th at 10:15 AM on the 7th floor

Join us for our highly engaging session on "Time Blocking & Tackling" to master the art of time management and maximize your productivity. In this interactive workshop, you will learn effective techniques for time blocking, enabling you to allocate dedicated time slots for family, professional commitments, personal pursuits, workouts, and everything in between. Discover strategies to achieve a healthy work-life balance and optimize your daily schedule. *With Chirag Shah*

DAY 3: BRUNCH & CONNECTION

Monday, September 16th at 1 PM on the 7th floor at Stage Fright

Come together for brunch and an intimate conversation designed exclusively for spouses and partners. This session will provide valuable insights into the transition work our members are undertaking and offer tools for you to support your loved one on their journey. We'll explore the unique dynamics of being a supportive partner during a life transition, and how you can both grow individually and together. Embrace this opportunity to deepen your connection and gain clarity on navigating this shared path with resilience and understanding. *With Vanessa Bryant*

DAY 4: FIRESIDE PANEL & VALUES DEEP DIVE

Tuesday, September 17th at 1 PM on the 7th floor Don't Mess with Texas room

Gather around for a powerful fireside panel conversation, followed by a core values deep dive. This session is designed to empower you and your significant other by exploring the core values that drive your decisions and shape your journey. Learn how aligning these values can strengthen your relationship and support both of you in achieving your personal and collective goals. This insightful discussion will provide you with practical strategies to navigate the challenges of transition while fostering growth, purpose, and mutual understanding in your partnership. *With Vanessa Bryant*

