

# Agenda I



## Morning session:

🕒 **09:00-09:10**

Opening by IE Center for Health & Well-Being

🕒 **09:10-10:10**

Sports psychology session: "XXX" by Leticia Montoya

🕒 **10:10-10:40**

Guided meditation by IE Center for Health & Well-Being

🕒 **10:40-11:40**

Sports conditioning session "XXX" by Marta Rivera

🕒 **11:40-12:10**

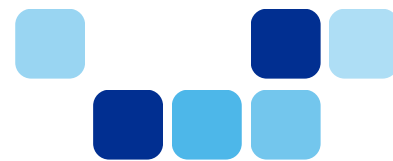
Breakfast break

🕒 **12:10-13:10**

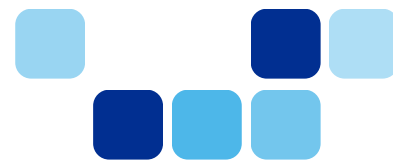
Sports nutrition session: "XXX" by Daniel de la Serna

🕒 **13:10-14:10**

Round table: "sports, entrepreneurship y women" by XXX



# Agenda del evento I



## Sesión de mañana:

🕒 **09:00-09:10**

Apertura de la jornada por el Wellbeing Centre

🕒 **09:10-10:10**

Sesión psicología deportiva: "XXX" por Leticia Montoya

🕒 **10:10-10:40**

Meditación guiada por el Wellbeing Centre

🕒 **10:40-11:40**

Sesión preparación física en el deporte "XXX" por Marta Rivera

🕒 **11:40-12:10**

Pausa desayuno

🕒 **12:10-13:10**

Sesión nutrición deportiva: "XXX" Daniel de la Serna

🕒 **13:10-14:10**

Mesa redonda: "Deporte, emprendimiento y mujer" por xxx xxx

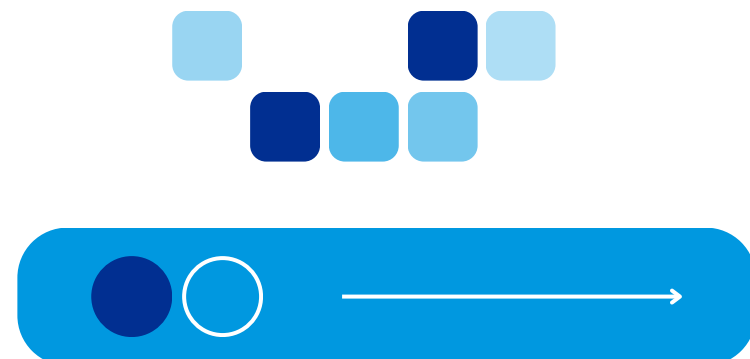


# Agenda II



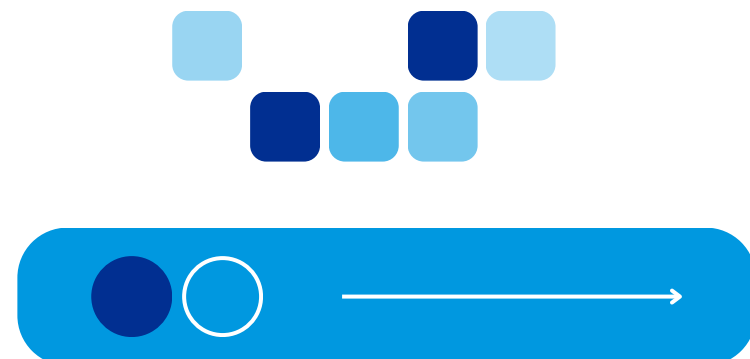
## Afternoon session in padel sports facilities:

- 🕒 **16:00**  
Bus departure from Segovia campus
- 🕒 **16:15-16:30**  
Activities introduction
- 🕒 **16:30-17:30**  
Guided practice first group
- 🕒 **17:00-17:30**  
Bus departure from Segovia campus and returning bus
- 🕒 **17:30-18:30**  
Guided practice second group
- 🕒 **18:30**  
Bus returns



\*4 available courts with three coaches for each session

# Agenda del evento II



## Sesión de tarde en club Padelzone 2.0 de Segovia:

- 16:15-16:30**  
Presentación de las actividades
- 16:30-17:30**  
Práctica guiada
- 17:30-18:30**  
Práctica guiada

\*4 pistas disponibles con 3 entrenadores para la actividad

