



**Essential Coach Training Program**  
**Essential-Associate Training**  
**January 28–April 25, 2022**

*Mastering the Fundamentals of Coaching*

<b>Week</b>	<b>Class Dates and Times</b>	<b>Notes</b>
Week 1	<b>Workshop 1 (CT)</b> Friday January 28, 12:30–4:30pm Saturday, January 29, 9:00am–3:00pm	<i>Online–Zoom</i>
Workshop 1 <i>continued</i>	Monday, February 7 11:30am–1:00pm CT	Live virtual class
Week 2	Monday, February 14 11:30am–1:00pm CT	Live virtual class
Week 3	Monday, February 21 11:30am–1:00pm CT	Live virtual class
Week 4	Monday, February 28 11:30am–1:00pm CT	Live virtual class
Week 5	Monday, March 7 11:30am–1:00pm CT	Live virtual class
Week 6	Monday, March 14 11:30am–1:00pm CT	Live virtual class
Week 7	Monday, March 21 11:30am–1:00pm CT	Live virtual class
Week 8	Monday, March 28 11:30am–12:30pm CT (one-hour class)	Live virtual class
Week 9	<b>Workshop 2 (CT)</b> Friday, April 8, 12:30–4:30pm Saturday, April 9, 9:00am–3:00pm	<i>Online–Zoom</i>
Week 10	Week of April 11 Observation Coaching Week	Scheduled with your trainer
Week 11	Week of April 18 Observation Coaching Week	Scheduled with your trainer
Week 12	Monday, April 25 11:30am–1:00pm CT	Live-Virtual Class