



Essential Coach Training Program
Essential Training
Minneapolis-St. Paul, MN
January 15–April 5, 2021

Mastering the Fundamentals of Coaching

Week	Class Dates and Times	Notes
Week 1	Workshop 1 (CT) Friday January 15, 12:30–4:30pm Saturday, January 16, 8:30am–2:30pm	<i>Online–Zoom</i>
Workshop 1 <i>continued</i>	Monday, January 18 11:30am–1:00pm CT	Live virtual class
Week 2	Monday, January 25 11:30am–1:00pm CT	Live virtual class
Week 3	Monday, February 1 11:30am–1:00pm CT	Live virtual class
Week 4	Monday, February 8 11:30am–1:00pm CT	Live virtual class
Week 5	Monday, February 15 11:30am–1:00pm CT	Live virtual class
Week 6	Monday, February 22 11:30am–1:00pm CT	Live virtual class
Week 7	Monday, March 1 11:30am–1:00pm CT	Live virtual class
Week 8	Monday, March 8 11:30am–12:30pm CT (one-hour class)	Live virtual class
Week 9	Workshop 2 (CT) Friday, March 19, 12:30–4:30pm Saturday, March 20, 8:30am–2:30pm	<i>Online–Zoom</i>
Week 10	Week of March 21 Observation Coaching Week	Scheduled with your trainer
Week 11	Week of March 28 Observation Coaching Week	Scheduled with your trainer
Week 12	Monday, April 5 11:30am–1:00pm CT	Final Class