



**Essential Coach Training Program**  
**Essential Training**  
**September 23, 2022–January 4, 2023**

*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 September 23, 12:30–4:30pm Saturday, September 24, 9:00am–4:30pm	Zoom
Workshop 1 <i>continued</i>	Wednesday, September 28 9:00–10:00am CT	Live virtual class
Week 2	Wednesday, October 5 9:00–10:30am CT	Live virtual class
Week 3	Wednesday, October 12 9:00–10:30am CT	Live virtual class
Week 4	Wednesday, October 19 9:00–10:30am CT	Live virtual class
Week 5	Wednesday, October 26 9:00–10:30am CT	Live virtual class
Week 6	Wednesday, November 2 9:00–10:30am CT	Live virtual class
Week 7	Wednesday, November 9 9:00–10:30am CT	Live virtual class
Week 8	Wednesday, November 16 11:30am–12:30pm CT	Live virtual class
Week 9	<b>Workshop 2 (CT)</b> Friday, December 2, 12:30–4:30pm Saturday, December 3, 9:00am–4:30pm	Zoom
Week 10	Week of December 5	Observation Coaching Scheduled with your trainer
Week 11	Week of December 12	Observation Coaching Scheduled with your trainer
	<b>Holiday Break</b>	
Week 12	Wednesday, January 4, 2023 9:00–10:30am CT	Final Live-virtual class