



Essential Coach Training Program
Essential-Associate Training
March 18–July 30, 2022

Mastering the Fundamentals of Coaching

Week	Class Dates and Times	Notes
Week 1	Workshop 1 (CT) Friday March 18, 12:30–4:30pm Saturday, March 19, 9:00am–3:00pm	<i>Online–Zoom</i>
Workshop 1 <i>continued</i>	Monday, March 28 11:30am–1:00pm CT	Live virtual class
Week 2	Monday, April 4 11:30am–1:00pm CT	Live virtual class
Week 3	Monday, April 11 11:30am–1:00pm CT	Live virtual class
Week 4	Monday, April 18 11:30am–1:00pm CT	Live virtual class
Week 5	Monday, April 25 11:30am–1:00pm CT	Live virtual class
Week 6	Monday, May 2 11:30am–1:00pm CT	Live virtual class
Week 7	Monday, May 9 11:30am–1:00pm CT	Live virtual class
Week 8	Monday, May 16 11:30am–12:30pm CT (one-hour class)	Live virtual class
Week 9	Workshop 2 (CT) Friday, June 3, 12:30–4:30pm Saturday, June 4, 9:00am–3:00pm	<i>Online–Zoom</i>
Week 10	Week of June 6 Observation Coaching Week	Scheduled with your trainer
Week 11	Week of June 13 Observation Coaching Week	Scheduled with your trainer
Week 12	Monday, June 20 11:30am–1:00pm CT	Live-Virtual Class
Week 13	Monday, June 27 11:30am–1:00pm CT	Live virtual class
Week 14	Monday, July 11 11:30am–1:00pm CT	Live virtual class
Week 15	Monday, July 18 11:30am–1:00pm CT	Live virtual class
Week 16	Workshop 3 (CT) Friday, July 29, 12:30–4:30pm Saturday, July 30, 9:00am–3:00pm	<i>Online–Zoom</i>