



Essential Coach Training Program
Essential-Associate Training
January 28–May 21, 2022

Mastering the Fundamentals of Coaching

Week	Class Dates and Times	Notes
Week 1	Workshop 1 (CT) 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	Workshop 2 (CT) 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
Week 13	Monday, May 2 11:30am–1:00pm CT	Live virtual class
Week 14	Monday, May 9 11:30am–1:00pm CT	Live virtual class
Week 15	Monday, May 16 11:30am–1:00pm CT	Live virtual class
Week 16	Workshop 3 (CT) Friday, May 20, 12:30–4:30pm Saturday, May 21, 9:00am–3:00pm	<i>Online–Zoom</i>