



**Essential Coach Training Program**  
**Essential-Associate Training**  
**Chapel Hill, Raleigh-Durham**  
**August 7–November 14, 2019**

*Mastering the Fundamentals of Coaching*

<b>Week</b>	<b>Class Dates and Times</b>	<b>Notes</b>
Week 1	<b>On-site Workshop 1 (ET)</b> Friday August 7, 12:30–4:30pm Saturday, August 8, 8:30am–3:00pm	Courtyard by Marriott Chapel Hill 100 Marriott Way Chapel Hill, North Carolina 27517
Workshop 1 <i>continued</i>	Monday, August 10 8:30am–10:00am ET	Live virtual class
Week 2	Monday, August 17 8:30am–10:00am ET	Live virtual class
Week 3	Monday, August 24 8:30am–10:00am ET	Live virtual class
Week 4	Monday, August 31 8:30am–10:00am ET	Live virtual class
Week 5	Monday, September 14 8:30am–10:00am ET	Live virtual class
Week 6	Monday, September 21 8:30am–10:00am ET	Live virtual class
Week 7	Monday, September 28 8:30am–10:00am ET	Live virtual class
Week 8	Monday, October 5 [One Hour] 8:30am–9:30am ET	Live virtual class
Week 9	<b>On-site Workshop 2 (ET)</b> Friday, October 9, 12:30pm–4:30pm Saturday, October 10, 8:30am–3:00pm	Hyatt Place San Antonio Airport/Quarry Market 7615 Jones Maltsberger Road San Antonio, TX 78216
Week 10	Week of October 11 Observation Coaching Week	Scheduled with your trainer
Weeks 11 and 12	Monday, October 19 8:30am–10:00am ET  Week of October 18–Observation Coaching	Live-Virtual Class  Scheduled with your trainer
Week 13	Monday, October 26 8:30am–10:00am ET	Live-Virtual Class
Week 14	Monday, November 2 8:30am–10:00am ET	Live virtual class
Week 15	Monday November 9 8:30am–10:00am ET	Live virtual class
Week 16	<b>On-site Workshop 3 (ET)</b> Friday, November 13, 12:30pm–4:30pm Saturday, November 14, 8:30am–3:00pm	Courtyard by Marriott Chapel Hill 100 Marriott Way Chapel Hill, North Carolina 27517