



Essential Coach Training Program
Essential-Associate Training
Virtual: Zoom
September 24, 2021 – February 5, 2022

Mastering the Fundamentals of Coaching

| Week | Class Dates and Times | Notes |
|--------------------------------|--|-----------------------------|
| Week 1 | Workshop 1 (CT) Friday September 24, 12:30–4:30pm Saturday, September 25, 8:30am–3:00pm | Online–Zoom |
| Workshop 1 <i>continued</i> | Wednesday, September 29 8:30am–10:00am CT | Live virtual class |
| Week 2 | Wednesday, October 6 8:30am–10:00am CT | Live virtual class |
| Week 3 | Wednesday, October 13 8:30am–10:00am CT | Live virtual class |
| Week 4 | Wednesday, October 20 8:30am–10:00am CT | Live virtual class |
| Week 5 | Wednesday, October 27 8:30am–10:00am CT | Live virtual class |
| Week 6 | Wednesday, November 3 8:30am–10:00am CT | Live virtual class |
| Week 7 | Wednesday, November 10 8:30am–10:00am CT | Live virtual class |
| Week 8 | Wednesday, November 17 8:30am–10:00am CT | Live virtual class |
| Week 9 | Workshop 2 (CT) Friday, December 3, 12:30–4:30pm Saturday, December 4, 9:00am – 3:00pm | Online–Zoom |
| Week 10 | Week of December 6 Observation Coaching Week | Scheduled with your trainer |
| Week 11 | Week of December 13 Observation Coaching Week | Scheduled with your trainer |
| Holiday Break | | |
| Week 12 | Wednesday, January 5 8:30am–10:00am CT | Live-Virtual Class |
| Week 13 | Wednesday, January 12 8:30am–10:00am CT | Live virtual class |
| Week 14 | Wednesday, January 19 8:30am–10:00am CT | Live virtual class |
| Week 15 | Wednesday, January 26 8:30am–10:00am CT | Live virtual class |
| Week 16 | Workshop 3 (CT) Friday, February 4, 12:30–4:30pm Saturday, February 5, 8:30am–3:00pm | Online–Zoom |