



Essential Coach Training Program
Essential-Associate Training
August 12–December 10, 2022

Mastering the Fundamentals of Coaching

Week	Class Dates and Times	Notes
Week 1	On-site Workshop 1 (CT) Friday August 12, 12:30–4:30pm Saturday, August 13, 9:00am–3:00pm	<i>Online–Zoom</i>
Workshop 1 <i>continued</i>	Monday, August 15 11:30am–1:00pm CT	Live virtual class
Week 2	Monday, August 22 11:30am–1:00pm CT	Live virtual class
Week 3	Monday, August 29 11:30am–1:00pm CT	Live virtual class
	<i>Labor Day Off</i>	
Week 4	Monday, September 12 11:30am–1:00pm CT	Live virtual class
Week 5	Monday, September 19 11:30am–1:00pm CT	Live virtual class
Week 6	Monday, September 26 11:30am–1:00pm CT	Live virtual class
Week 7	Monday, October 3 11:30am–1:00pm CT	Live virtual class
Week 8	Monday, October 10 11:30am–12:30pm CT	Live virtual class
Week 9	On-site Workshop 2 (CT) Friday, October 21, 12:30–4:30pm Saturday, October 22, 9:00am–3:00pm	<i>Online–Zoom</i>
Week 10	Week of October 24	Observation Coaching Scheduled with your trainer
Week 11	Week of October 31	Observation Coaching Scheduled with your trainer
Week 12	Monday, November 7 11:30am–1:00pm	Live virtual class
Week 13	Monday, November 14 11:30am–1:00pm	Live virtual class
Week 14	Monday, November 21 11:30am–1:00pm	Live virtual class
Week 15	Monday, November 28 11:30am–1:00pm	Live virtual class
Week 16	On-site Workshop 3 (CT) Friday, December 9, 12:30–4:30pm Saturday, December 10, 9:00am–3:00pm	<i>Online–Zoom</i>