



Essential Coach Training Program
Associate Training
Professional and Personal Development Coaching Process
April 2–May 28, 2020

Refining Your Coaching Skills

| Week | Class Dates and Times | Notes |
|--------------------|---|---|
| Week 1 Workshop | Thursday, April 2, 12:30pm–5:00pm Friday, April 3, 8:30am–4:30pm Saturday, April 4, 8:30am–1:30pm | Best Western Plus 4940 U.S. 61 White Bear Lake, MN 55110 |
| | Break | |
| Week 2 | <i>Professional and Personal Development Coaching Process</i> Thursday, April 16 11:00am–12:30pm CT | Live virtual class |
| Week 3 | <i>Professional and Personal Development Coaching Process</i> Thursday, April 23 11:00am–12:30pm CT | Live virtual class |
| Week 4 | <i>Professional and Personal Development Coaching Process</i> Thursday, April 30 11:00am–12:30pm CT | Live virtual class |
| Week 5 | <i>Professional and Personal Development Coaching Process</i> Thursday, May 7 11:00am–12:30pm CT | Live virtual class |
| Week 6 | <i>Professional and Personal Development Coaching Process</i> Thursday, May 14 11:00am–12:30pm CT | Live virtual class |
| Week 7 | <i>Professional and Personal Development Coaching Process</i> Thursday, May 21 11:00am–12:30pm CT | Live virtual class |
| Week 8 | <i>Professional and Personal Development Coaching Process</i> Thursday, May 28 11:00am–12:30pm CT | Live virtual class |
| Week 9 | <i>Optional Group Coaching</i> Thursday, June 4 11:00am–12:00pm CT | Live virtual class |