



Essential Coach Training Program
Essential Training
Columbus, GA
January 21–April 14, 2021

Mastering the Fundamentals of Coaching

| Week | Class Dates and Times | Notes |
|--------------------------------|--|-----------------------------|
| Week 1 | Online Workshop 1 (ET) Wednesday, January 20, 12:30–4:30pm Thursday, January 21, 12:30–4:30pm | <i>Online–Zoom</i> |
| Workshop 1 <i>continued</i> | Wednesday, January 27 12:00pm–1:30pm ET | Live virtual class |
| Week 2 | Wednesday, February 3 12:00pm–1:30pm ET | Live virtual class |
| Week 3 | Wednesday, February 10 12:00pm–1:30pm ET | Live virtual class |
| Week 4 | Wednesday, February 17 12:00pm–1:30pm ET | Live virtual class |
| Week 5 | Wednesday, February 24 12:00pm–1:30pm ET | Live virtual class |
| Week 6 | Wednesday, March 3 12:00pm–1:30pm ET | Live virtual class |
| Week 7 | Wednesday, March 10 12:00pm–1:30 pm ET | Live virtual class |
| Week 8 | Wednesday, March 17 12:00pm–1:30 pm ET | |
| Week 9 | Online Workshop 2 (ET) Wednesday, March 24, 12:30–4:30pm Thursday, March 25, 12:30–4:30pm | <i>Online–Zoom</i> |
| Week 10 | Week of March 28 Observation Coaching Week | Scheduled with your trainer |
| Week 11 | Week of April 4 Observation Coaching Week | Scheduled with your trainer |
| Week 12 | Wednesday, April 14 12:00pm–1:30pm ET | Final Live-Virtual Class |