



**Essential Coach Training Program**  
**Essential Training**  
**Des Moines-Iowa**  
**September 26–December 10, 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 (CT)</b> Thursday, September 26, 12:30–4:30pm Friday, September 27, 8:30am–2:30pm	<b>To be held in the:</b> Grand View University 1200 Grandview Avenue Des Moines, IA 50316
Workshop 1 <i>continued</i>	Tuesday, October 1 8:30am–10:00am CT	Live virtual class
Week 2	Tuesday, October 8 8:30am–10:00am CT	Live virtual class
Week 3	Tuesday, October 15 8:30am–10:00am CT	Live virtual class
Week 4	Tuesday, October 22 8:30am–10:00am CT	Live virtual class
Week 5	Tuesday, October 29 8:30am–10:00am CT	Live virtual class
Week 6	Tuesday, November 5 8:30am–10:00am CT	Live virtual class
Week 7	Tuesday, November 12 8:30am–10:00am CT	Live virtual class
Week 8	Included in Workshop	Live virtual class
Week 9	<b>On-site Workshop 2 (CT)</b> Thursday, November 21, 12:30–4:30pm Friday, November 22, 8:30am–2:30pm	<b>To be held in the:</b> Grand View University 1200 Grandview Avenue Des Moines, IA 50316
Week 10	Observation Coaching Week	Scheduled with your trainer
Week 11	Observation Coaching Week	Scheduled with your trainer
Week 12	Tuesday, December 10 8:30am–10:00am CT	Final Live-Virtual Class