



**Essential Coach Training Program**  
**Essential Training**  
**Chapel Hill, Raleigh-Durham**  
**September 6–November 21, 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 (ET)</b> Friday, September 6, 12:30–4:30pm Saturday, September 7, 8:30am–2:30pm	<b>To be held in the:</b> Chapel Hill, Raleigh-Durham area of North Carolina
Workshop 1 <i>continued</i>	Thursday, September 12 12:00pm–1:30pm ET	Live virtual class
Week 2	Thursday, September 19 12:00pm–1:30pm ET	Live virtual class
Week 3	Thursday, September 26 12:00pm–1:30pm ET	Live virtual class
Week 4	Thursday, October 3 12:00pm–1:30pm ET	Live virtual class
Week 5	Thursday, October 10 12:00pm–1:30pm ET	Live virtual class
Week 6	Thursday, October 17 12:00pm–1:30pm ET	Live virtual class
Week 7	Thursday, October 24 12:00pm–1:30pm ET	Live virtual class
Week 8	Thursday, October 31 12:00pm–1:30pm ET	Live virtual class
Week 9	<b>On-site Workshop 2 (ET)</b> Friday, November 1, 12:30–4:30pm Saturday, November 2, 8:30am–2:30pm	<b>To be held in the:</b> Chapel Hill, Raleigh-Durham area of North Carolina
Week 10	Observation Coaching Week	Scheduled with your trainer
Week 11	Observation Coaching Week	Scheduled with your Trainer
Week 12	Thursday, November 21 12:00pm–1:30pm ET	Final Live-Virtual Class