



**Essential Coach Training Program**  
**Refining Your Coaching Skills**  
**September 22–October 27, 2022**

| <b>Week</b> | <b>Class Dates and Times</b>                 | <b>Notes</b>       |
|-------------|--|--------------------|
| Week 1      | Thursday, September 22<br>11:00am–12:30pm CT | Live virtual class |
| Week 2      | Thursday, September 29<br>11:00am–12:30pm CT | Live virtual class |
| Week 3      | Thursday, October 6<br>11:00am–12:30pm CT    | Live virtual class |
| Week 4      | Thursday, October 13<br>11:00am–12:30pm CT   | Live virtual class |
| Week 5      | Thursday, October 20<br>11:00am–12:30pm CT   | Live virtual class |
| Week 6      | Thursday, October 27<br>11:00am–12:30pm CT   | Live virtual class |
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