



**Essential Coach Training Program**  
**Essential Training**  
**San Antonio, TX**  
**September 20–December 5, 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> Friday September 20, 12:30–4:30pm Saturday, September 21, 8:30am–2:30pm	<i>To be held in San Antonio</i>
Workshop 1 <i>continued</i>	Thursday, September 26 8:30am–10:00am CT	Live virtual class
Week 3	Thursday, October 3 8:30am–10:00am CT	Live virtual class
Week 4	Thursday, October 10 8:30am–10:00am CT	Live virtual class
Week 5	Thursday, October 17 8:30am–10:00am CT	Live virtual class
Week 6	Thursday, October 24 8:30am–10:00am CT	Live virtual class
Week 7	Thursday, October 31 8:30am–10:00am CT	Live virtual class
Week 8	Thursday, November 7 8:30am–10:00am CT	Live virtual class
Week 9	<b>On-site Workshop 2 (CT)</b> Friday, November 15, 12:30–4:30pm Saturday, November 16, 8:30am–2:30pm	<i>To be held in San Antonio</i>
Week 10	Observation Coaching Week	Scheduled with your trainer
Week 11	Observation Coaching Week	Scheduled with your trainer
Week 12	Thursday, December 5 8:30am–10:00am CT	Final Live-Virtual Class