

# EMERGENT COACH TRAINING SCHEDULE 2023

All classes are on the Zoom platform except for the in-person retreat.



## PCC CORE PROGRAMS 2023:

### PATHWAYS 2023: ALL CLASSES RUN FOR 150 MINUTES (2.5 HRS)

Class 1— Tues Feb 14	9am Pacific /12pm Eastern
Class 2— Tues Feb 28	9am Pacific /12pm Eastern
Class 3— Tues March 14	9am Pacific /12pm Eastern
Class 4— Tues March 28	9am Pacific /12pm Eastern
Class 5— Tues April 11	9am Pacific /12pm Eastern
Class 6— Tues April 25	9am Pacific /12pm Eastern

**SMALL MENTOR POD TIMES FOR CLASS 7 WILL BE ARRANGED ONCE PATHWAYS HAS COMMENCED.**

### FOCUSING 2023: ALL CLASSES RUN FOR 150 MINUTES (2.5 HRS)

Class 1— Tues May 9	9am Pacific /12pm Eastern
Class 2— Tues May 23	9am Pacific /12pm Eastern
Class 3— Tues June 6	9am Pacific /12pm Eastern
Class 4— Tues June 20	9am Pacific /12pm Eastern
Class 5— Tues July 4	9am Pacific /12pm Eastern
Class 6— Tues July 18	9am Pacific /12pm Eastern
Class 7— Tues Aug 1	9am Pacific /12pm Eastern
Class 8— Tues Aug 15	9am Pacific /12pm Eastern

### EMPOWERMENT: CLASSES RUN FOR 60 MINUTES (1HR)

Call 1— Tues Aug 22	9am Pacific /12pm Eastern
Call 2— Tues Sept 20	9am Pacific /12pm Eastern

### 2023 IN-PERSON RETREAT

Begins on Friday, September 1st at 4pm Eastern Time — Completes on Tuesday, September 5th at 1pm Eastern Time

### 2023 VIRTUAL RETREAT

Begins on Friday, September 15th at 2pm Eastern Time — Completes on Monday, September 18th at 3.30pm Eastern Time

### ONLINE LIVE MINDFULNESS 1, 8-WEEK

**ALL CLASSES RUN FOR UP TO 90 MINUTES (1.5HRS)**

### FEBRUARY 2023:

Call 1—Mon Feb 13	10am Pacific /1pm Eastern
Call 2—Mon Feb 20	10am Pacific /1pm Eastern
Call 3—Mon Feb 27	10am Pacific /1pm Eastern
Call 4—Mon March 6	10am Pacific /1pm Eastern
Call 5—Mon March 13	10am Pacific /1pm Eastern

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## **FEBRUARY 2023 (CONTINUED):**

Call 6—Mon March 20	10am Pacific /1pm Eastern
Call 7—Mon March 27	10am Pacific /1pm Eastern
Call 8—Mon April 4	10am Pacific /1pm Eastern

## **MAY 2023:**

Call 1—Wed May 10	12pm Pacific /3pm Eastern
Call 2—Wed May 17	12pm Pacific /3pm Eastern
Call 3—Wed May 24	12pm Pacific /3pm Eastern
Call 4—Wed May 31	12pm Pacific /3pm Eastern
Call 5—Wed June 7	12pm Pacific /3pm Eastern
Call 6—Wed June 14	12pm Pacific /3pm Eastern
Call 7—Wed June 21	12pm Pacific /3pm Eastern
Call 8—Wed June 28	12pm Pacific /3pm Eastern

## **ONLINE LIVE MINDFULNESS 2, 6-WEEK, 2023:**

**ALL CLASSES RUN FOR UP TO 90 MINUTES (1.5HRS)**

## **AUGUST 2023:**

Call 1—Thurs Aug 10	8am Pacific /11am Eastern
Call 2—Thurs Aug 17	8am Pacific /11am Eastern
Call 3—Thurs Aug 24	8am Pacific /11am Eastern
Call 4—Wed Aug 31	8am Pacific /11am Eastern
Call 5—Thurs Sept 7	8am Pacific /11am Eastern
Call 6—Thurs Sept 14	8am Pacific /11am Eastern

**UPON COMPLETION OF ALL THE ABOVE, YOU'LL SUBMIT 2 RECORDINGS FOR PERFORMANCE REVIEW AT THE STANDARD SHARED WITH YOU THROUGHOUT THE TRAINING. THESE ARE REVIEWED BY OUR QUALIFIED ASSESSORS AT ICF ACC LEVEL AND MUST RECEIVE A PASS TO GAIN CERTIFICATION.**

PLEASE NOTE: THE ZOOM SCHEDULE MAY ALTER DUE TO CURRENTLY UNFORESEEN CONFLICTS. WE WILL NOTIFY YOU OF ANY CHANGES AS OR WHEN WE BECOME AWARE OF THEM.

**ALL PROGRAMS ARE ONLINE ON ZOOM.**