

# EMERGENT COACH TRAINING SCHEDULE 2023

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



## LEVEL 2 PCC GROUP COMMENCING APRIL 2023:

If you want to commence in April 2023, these are your programs.

### ESSENTIALS APRIL 2023: CLASSES RUN FOR 120 MINUTES (2 HRS); WORKSHOPS—SEE BELOW

Class 1—Sat April 1	9am Pacific /12pm Eastern
Class 2—Sat April 15	9am Pacific /12pm Eastern
Class 3—Sat April 29	9am Pacific /12pm Eastern
Workshop 1:	Sat April 8 & Sun April 9
Workshop 2:	Sat April 22 & Sun April 23
Sat Schedule:	7am Pacific/10am Eastern-1.30pm Pacific/4.30pm Eastern
Sun Schedule:	7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern

### ICF GROUP MENTOR COACHING (MAY 2023)

#### ALL CLASSES RUN FOR 60 MINUTES (1 HRS)

#### OPTION 1:

Call 1—Mon May 1	7am Pacific /10am Eastern
Call 2—Mon May 15	7am Pacific /10am Eastern
Call 3—Mon May 29	7am Pacific /10am Eastern
Call 4—Mon June 12	7am Pacific /10am Eastern
Call 5—Mon June 26	7am Pacific /10am Eastern
Call 6—Mon July 10	7am Pacific /10am Eastern
Call 7—Mon July 25	7am Pacific /10am Eastern

One-on-one calls organized once the group has commenced.

#### OPTION 2:

Same dates as above	1pm Pacific /4pm Eastern
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### 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

### ONLINE LIVE MINDFULNESS 1, 8-WEEK

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

#### MAY 2023:

Call 1—Wed May 10	12pm Pacific /3pm Eastern
Call 2—Wed May 17	12pm Pacific /3pm Eastern

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## LEVEL 2 PCC GROUP COMMENCING APRIL 2023:

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### ONLINE LIVE MINDFULNESS 1, MAY CONT'D

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

#### 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

#### PATHWAYS 2024: ALL CLASSES RUN FOR 150 MINUTES (2.5 HRS)

Class 1— Tues Feb 6	9am Pacific /12pm Eastern
Class 2— Tues Feb 20	9am Pacific /12pm Eastern
Class 3— Tues March 5	9am Pacific /12pm Eastern
Class 4— Tues March 19	9am Pacific /12pm Eastern
Class 5— Tues April 2	9am Pacific /12pm Eastern
Class 6— Tues April 16	9am Pacific /12pm Eastern

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

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**UPON COMPLETION OF ALL THE ABOVE, YOU'LL SUBMIT A RECORDING FOR PERFORMANCE REVIEW AT THE STANDARD SHARED WITH YOU THROUGHOUT THE TRAINING. THESE ARE REVIEWED BY OUR QUALIFIED ASSESSORS AT ICF PCC 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.**