

EMERGENT COACH TRAINING SCHEDULE 2023/24

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



LEVEL 2 PCC GROUP STARTING SEPT 2023:

If you begin in September 2023, these are all of your programs.

ESSENTIALS SEPT 2023: Classes are 120 minutes (2 HRS) All classes 9am Pacific /12pm Eastern

Class 1—Tues Sept 26

Class 2—Tues Oct 10

Class 3—Tues Oct 24

Workshops:

Workshop 1—Sat Oct 7 & Sun Oct 8

Sat Schedule 7am Pacific/10am Eastern-1.30pm Pacific/4.30pm Eastern

Sun Schedule 7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern

Workshop 2—Sat Oct 21 & Sun Oct 22; both days: 7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern

ICF GROUP MENTOR COACHING

OCTOBER 2023: All sessions last for 60 minutes (1 HRS)

Session 1—Wed Oct 18

Session 2—Wed Nov 1

Session 3—Wed Nov 15

Session 4—Wed Nov 29

Session 5—Wed Dec 13

Session 6—Wed Jan 10

Session 7—Wed Jan 24

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

OPTION 1: All sessions are at 7am Pacific /10am Eastern

OPTION 2: All sessions are at 4pm Pacific /7pm Eastern

ONLINE LIVE MINDFULNESS 1, 8-WEEK

Sessions last for 60 minutes (1 HRS). Teacher will remain for up to an additional 30 mins for Q&A.

OCTOBER 2023: All classes commence at 8am Pacific /11am Eastern

Class 1—Thurs Oct 12

Class 2—Thurs Oct 19

Class 3—Thurs Oct 26

Class 4—Thurs Nov 2

Class 5—Thurs Nov 9

Class 6—Thurs Nov 16

Class 7—Thurs Nov 30 (shifted for US Thanksgiving)

Class 8—Thurs Dec 7

INTEGRATION OCT 2023: Classes are 120 minutes (2 HRS); BONUS PROGRAM ONLY FOR LEVEL 1

& 2 PARTICIPANTS All classes 9am Pacific /12pm Eastern

Class 1—Tues Nov 7

Class 2—Tues Nov 14

Class 3—Tues Nov 28 (skip a week for US Thanksgiving)



EMERGENT COACH TRAINING SCHEDULE 2023/24

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LEVEL 2 PCC GROUP STARTING SEPT 2023:

INTEGRATION OCT 2023-cont'd

Class 4—Tues Dec 5

Class 5—Tues Dec 12

(skip 3 weeks for Christmas/New Year)

Class 6—Tues Jan 9

PATHWAYS 2024: Classes are 150 minutes (2.5 HRS) All classes are at 9am Pacific /12pm Eastern

Class 1— Tues Feb 6

Class 2— Tues Feb 20

Class 3— Tues March 5

Class 4— Tues March 19

Class 5— Tues April 2

Class 6— Tues April 16

Class 7— Tues April 23

FOCUSING 2024: Classes are 150 minutes (2.5 HRS) All classes are at 9am Pacific /12pm Eastern

Class 1— Tues May 7

Class 2— Tues May 21

Class 3— Tues June 4

Class 4— Tues June 18

Class 5— Tues July 2

Class 6— Tues July 16

Class 7— Tues July 30

Class 8— Tues Aug 13

ONLINE LIVE MINDFULNESS 2, 6-WEEK, 2024:

Sessions last for 60 minutes (1 HRS). Teacher will remain for up to an additional 30 mins for Q&A.

AUGUST 2024: All classes commence at 8am Pacific /11am Eastern

Class 1—Thurs Aug 8

Class 2—Thurs Aug 15

Class 3—Thurs Aug 22

Class 4—Wed Aug 29

Class 5—Thurs Sept 5

Class 6—Thurs Sept 12

EMPOWERMENT 2024: Classes are 60 minutes (1 HR) All classes 9am Pacific /12pm Eastern

Call 1— Tues Aug 20

Call 2— Tues Sept 24

2024 In-person Retreat

Begins on Friday, August 30th at 4pm Eastern Time — Completes on Tuesday, September 3rd at 1pm Eastern Time

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LEVEL 2 PCC GROUP STARTING SEPT 2023:

EMPOWERMENT 2024: Cont'd

2024 Virtual Retreat

Begins on Friday, September 13th at 2pm Eastern Time — Completes on Monday, September 16th at 3.30pm Eastern Time

PARTICIPANTS CAN TAKE THE 2023 EMPOWERMENT PRIOR TO ESSENTIALS INSTEAD OF 2024!

EMPOWERMENT 2023: Classes are 60 minutes (1 HR) All classes 9am Pacific /12pm Eastern

Call 1— Tues Aug 22

Call 2— Tues Sept 19

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

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 EXCEPT FOR THE IN-PERSON RETREAT.