# EMERGENT COACH TRAINING SCHEDULE

All classes are on the Zoom platform

## LEVEL 1 ACC GROUP STARTING OCTOBER 2026:

**ESSENTIALS OCTOBER 2026:** Classes are 120 minutes (2 HRS) All classes 7am Pacific/10am Eastern; Workshop times see below.
Class 1—Thur Oct 1
Weekend Workshop—Sat Oct 10 & Sun Oct 11
Sat Schedule 7am Pacific/10am Eastern-1.30pm Pacific/4.30pm Eastern
Sun Schedule 7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern
Class 2—Thur Oct 15
Class 3—Thur Oct 22
Class 4—Thur Oct 29

**INTEGRATION NOVEMBER 2026: Classes are 90 minutes (1.5 HRS except for Class 6 which is 1 HR)** All classes 7am Pacific/10am Eastern; Workshop times see below.
Class 1—Thur Nov 12
Weekend Workshop—Sat Nov 21 & Sun Nov 22
Sat Schedule 7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern
Sun Schedule 7am Pacific/10am Eastern-12.30pm Pacific/3.30pm Eastern
Class 2—Thur Dec 3
Class 3—Thur Dec 10
Class 4—Thur Dec 17
Class 5 — Thur Jan 7
Class 6 —Thur Jan 14 (note, this class duration is one hour)
Class 7 — Thur Jan 21

**ICF GROUP MENTOR COACHING**
**OCTOBER 2026**
Session 1—Wed Oct 21
Session 2—Wed Nov 4
Session 3—Wed Nov 18
Session 4—Wed Dec 2
Session 5—Wed Dec 16
Session 6—Wed Jan 6
Session 7—Wed Jan 20
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 3pm Pacific/6pm Eastern

**ONLINE LIVE MINDFULNESS 1, 8-WEEKS**:
**OCTOBER 2026:** All classes commence at 7am Pacific/10am Eastern. Sessions last for 60 minutes (1 HR).
Class 1—Tues Oct 20
Class 2—Tues Oct 27
Class 3—Tues Nov 3

## ONLINE LIVE MINDFULNESS 1, 8-WEEKS

Class 4—Tues Nov 10
Class 5—Tues Nov 17
Class 6—Tues Dec 1
Class 7—Tues Dec 8
Class 8—Tues Dec 15

Coaching Clinic (our Office Hours) is every month on the second Wednesday at 12 noon US eastern. Link is in your learning platform along with your current class link.

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

**ALL PROGRAMS ARE ONLINE ON ZOOM.**