

# EMERGENT COACH TRAINING SCHEDULE 2024/25

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



## LEVEL 2 PCC GROUP STARTING OCTOBER 2024:

If you begin in October 2024, these are all of your programs

**ESSENTIALS OCT 2024: Classes are 120 minutes (2 HRS)** All classes 9am Pacific /12pm Eastern

Class 1—Thurs Oct 10

Weekend Workshop—Sat Oct 19 & Sun Oct 20

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—Thurs Oct 24

Class 3—Thurs Oct 31

Class 4—Thurs Nov 7

### ICF GROUP MENTOR COACHING

**OCTOBER 2024: All sessions last for 60 minutes (1 HR)**

Session 1—Weds Oct 16

Session 2—Weds Oct 30

Session 3—Weds Nov 13

Session 4—Weds Dec 11

Skip three weeks for Holiday Break

Session 5—Weds Jan 8

Session 6—Weds Jan 22

Session 7—Weds Feb 5

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

**Sessions last for 60 minutes (1 HR).** 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—Weds Oct 9

Class 2—Weds Oct 16

Class 3—Weds Oct 23

Class 4—Weds Oct 30

Class 5—Weds Nov 6

Class 6—Weds Nov 13

Class 7—Weds Nov 20

Skip one week for U.S. Thanksgiving Holiday

Class 8—Weds Dec 4

**INTEGRATION NOV 2024: Classes are 90 minutes (1.5 HRS)** All classes 9am Pacific /12pm Eastern

Class 1—Thurs Nov 21

Weekend Workshop—Sat Dec 7 & Sun Dec 8

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

Class 2—Thurs Dec 12

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## LEVEL 2 PCC GROUP STARTING OCTOBER 2024:

### INTEGRATION NOV 2024 - cont'd

- Class 4—Thurs Jan 16
- Class 5—Thurs Jan 23
- Class 6—Thurs Jan 30
- Class 7—Thurs Feb 6

### PATHWAYS 2025: Classes are 120 minutes (2 HRS) All classes are at 9am Pacific/12pm Eastern

- Class 1— Tues Feb 4
- Class 2— Tues Feb 18
- Class 3— Tues March 4
- Class 4— Tues March 18
- Class 5— Tues April 1
- Class 6— Tues April 15
- Class 7— Tues April 22 (only one week after!)

### FOCUSING 2025: Classes are 120 minutes (2 HRS) All classes are at 9am Pacific /12pm Eastern

- Class 1— Tues May 6
- Class 2— Tues May 20
- Class 3— Tues June 3
- Class 4— Tues June 17
- Class 5— Tues July 1
- Class 6— Tues July 15
- Class 7— Tues July 29
- Class 8— Tues Aug 12

### ONLINE LIVE MINDFULNESS 2, 6-WEEK, 2025:

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

### SEPTEMBER 2025: All classes commence at 8am Pacific /11am Eastern

- Class 1—Thurs Sept 4
- Class 2—Thurs Sept 11
- Class 3—Thurs Sept 18
- Class 4—Thurs Sept 25
- Class 5—Thurs Oct 2
- Class 6—Thurs Oct 9

### EMPOWERMENT 2025: Zoom Classes are 60 minutes (1 HR) All classes 9am Pacific /12pm Eastern

- Call 1— Tues Aug 19



## LEVEL 2 PCC GROUP STARTING OCT 2024:

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 UNFORESEEN CONFLICTS. WE WILL NOTIFY YOU OF ANY CHANGES AS WE BECOME AWARE OF THEM.

**ALL PROGRAMS ARE ONLINE ON ZOOM EXCEPT FOR THE IN-PERSON RETREAT.**