

EMERGENT COACH TRAINING SCHEDULE 2024/25

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



PCC CORE PROGRAMS 2024/5:

EMPOWERMENT 2024: Zoom 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

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 1, 8-WEEK

Sessions last for 60 minutes (1 HRS).

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

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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.

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

Class 1—Thurs Sept 5

Class 2—Thurs Sept 12

Class 3—Thurs Sept 19

Class 4—Thurs Sept 26

Class 5—Thurs Oct 3

Class 6—Thurs Oct 10

EMBODIMENT IN COACHING WORKSHOP, 2 DAY:

DECEMBER 2024:

Weekend Workshop—Sat Dec 7 & Sun 8

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

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.

CLASSES ARE ONLINE ON ZOOM EXCEPT FOR THE IN-PERSON RETREAT..