LEVEL 2 PCC 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
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

ONLINE LIVE MINDFULNESS 2, 5-WEEKS, 2027:
JANUARY 2027: All classes commence at 7am Pacific /10am Eastern. Sessions last for 60 minutes (1 HR).
Class 1—Mon Jan 18
Class 2—Mon Jan 25
Class 3—Mon Feb 1
Class 4—Mon Feb 8
Class 5—Mon Feb 15

PATHWAYS 2027: Classes are 120 minutes (2 HRS) All classes are at **7**am Pacific/10am Eastern
Class 1— Tues Feb 2
Class 2— Tues Feb 16
Class 3— Tues Mar 2
Class 4— Tues Mar 16
Class 5— Tues Mar 30
Class 6— Tues Apr 13
Class 7— Tues Apr 20 (only one week later!)

EMPOWERMENT 2027:
2027 Elohee Retreat
Begins on Friday, September 3rd at 4pm Eastern Time — Completes on Tuesday, September 7th at 12pm Eastern Time
There are two (optional) Zoom Calls of up to 60 minutes at 9am Pacific /12pm Eastern
Call 1— Tues Aug 17
Call 2— Tues Sept 21

FOCUSING 2027: Classes are 120 minutes (2 HRS) All classes are at **7**am Pacific/10am Eastern
Class 1— Tues Sep 14
Class 2— Tues Sep 28
Class 3— Tues Oct 12
Class 4— Tues Oct 26
Class 5— Tues Nov 9
Class 6— Tues Nov 16 (only one week later!)
Class 7— Tues Nov 30
Class 8— Tues Dec 14

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 ON ZOOM EXCEPT FOR THE IN-PERSON RETREAT.