

LEVEL 1 FOUNDATIONS

July Cohort Program Schedule 2023

All sessions are scheduled Mon & Wed | 5-7pm (SGT/HKT/ UTC+8)

Module 1

Essentials of Coaching

M1a	24 July
M1b	26 July
M1c	31 July
M1d	02 Aug
M1e	07 Aug
M1f	14 Aug

Module 2

The Authentic Coach

M2a	04 Sep
M2b	06 Sep
M2c	11 Sep
M2d	13 Sep
M2e	18 Sep
M2f	20 Sep

M1 Coaching Practice Sessions

Group Mentoring: 16 Aug
Peer Coaching: TBS with your Peers
Supervised Practice: Week 21 Aug
Coaching Reflection: Week 28 Aug

M2 Coaching Practice Sessions

Group Mentoring: 25 Sep
Supervised Practice: Week 02 Oct
Coaching Reflection: Week 09 Oct

