

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



LEVEL 2 PROFICIENCY

October Program Schedule Cohort 2023

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

Module 3

Science of Coaching

M3a	16 Oct
M3b	18 Oct
M3c	23 Oct
M3d	25 Oct
M3e	30 Oct
M3f	01 Nov

Coaching Practice

Group Mentoring: 06 Nov

Peer Coaching: TBS with your Peers

Supervised Practice: Week of 13 Nov

Coaching Reflection: Week of 20 Nov

Module 4

Art of Coaching

M4a	27 Nov
M4b	29 Nov
M4c	04 Dec
M4d	06 Dec
M4e	11 Dec
M4f	13 Dec

Coaching Practice

Group Mentoring: 18 Dec

Peer Coaching: TBS with your Peers

Supervised Practice: Week of 18 Dec

Coaching Reflection: Week of 01 Jan

Coaching Exam: Week of 08 Jan

