

LEVEL 1 FOUNDATIONS

February 2024 Cohort Program Schedule

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

Module 1

Essentials of Coaching

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|------------|--------|
| M1a | 26 Feb |
| M1b | 28 Feb |
| M1c | 04 Mar |
| M1d | 06 Mar |
| M1e | 11 Mar |
| M1f | 13 Mar |

Module 2

The Authentic Coach

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|------------|--------|
| M2a | 08 Apr |
| M2b | 15 Apr |
| M2c | 17 Apr |
| M2d | 22 Apr |
| M2e | 24 Apr |
| M2f | 29 Apr |

M1 Coaching Practice Sessions

Group Mentoring: 22 Mar
Peer Coaching: TBS with your Peers
Supervised Practice: Week of 25 Mar
Coaching Reflection: 1 Apr

M2 Coaching Practice Sessions

Group Mentoring: 06 May
Supervised Practice: Week of 13 May
Coaching Reflection: 20 May

