

LEVEL 1 FOUNDATIONS

January 2024 Cohort Program Schedule

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

Module 1

Essentials of Coaching

- M1a** 16 Jan
- M1b** 18 Jan
- M1c** 23 Jan
- M1d** 25 Jan
- M1e** 30 Jan
- M1f** 01 Feb

Module 2

The Authentic Coach

- M2a** 05 Mar
- M2b** 07 Mar
- M2c** 12 Mar
- M2d** 14 Mar
- M2e** 19 Mar
- M2f** 21 Mar

M1 Coaching Practice Sessions

- Group Mentoring:** 06 Feb
- Peer Coaching:** TBS with your Peers
- Supervised Practice:** Week of 19 Feb
- Coaching Reflection:** 27 Feb

M2 Coaching Practice Sessions

- Group Mentoring:** 26 Mar
- Supervised Practice:** Week of 01 Apr
- Coaching Reflection:** 09 Apr

