

Coaching Skills Accelerator

Course Schedule

January 20, 2026 – March 10, 2026



All times are in Eastern/New York Time.

You need to attend a minimum of 6 out of 8 sessions live to graduate.

MODULE 1 Adopting a Coaching Mindset

Content Session	Tuesday, January 20, 2026	11:00 AM ET	120 minutes
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MODULE 2 Mastering Core Coaching Skills

Content Session	Tuesday, January 27, 2026	11:00 AM ET	120 minutes
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MODULE 3 Applying a Coaching Framework

Content Session	Tuesday, February 3, 2026	11:00 AM ET	120 minutes
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MODULE 4 Cultivating Coaching Presence

Content Session	Tuesday, February 10, 2026	11:00 AM ET	120 minutes
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MODULE 5 Activating the Brain for Change

Content Session	Tuesday, February 17, 2026	11:00 AM ET	120 minutes
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MODULE 6 Connecting to Values and Purpose

Content Session	Tuesday, February 24, 2026	11:00 AM ET	120 minutes
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MODULE 7 Managing Stress and Building Resilience

Content Session	Tuesday, March 3, 2026	11:00 AM ET	120 minutes
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MODULE 8 Integrating and Applying Coaching Skills

Content Session	Tuesday, March 10, 2026	11:00 AM ET	120 minutes
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