

Coaching Skills Accelerator

Course Schedule

April 7, 2026 – May 26, 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

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| Content Session | Tuesday, April 7, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 2 Mastering Core Coaching Skills

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| Content Session | Tuesday, April 14, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 3 Applying a Coaching Framework

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| Content Session | Tuesday, April 21, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 4 Cultivating Coaching Presence

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| Content Session | Tuesday, April 28, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 5 Activating the Brain for Change

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| Content Session | Tuesday, May 5, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 6 Connecting to Values and Purpose

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| Content Session | Tuesday, May 12, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 7 Managing Stress and Building Resilience

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| Content Session | Tuesday, May 19, 2026 | 11:00 AM ET | 120 minutes |
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MODULE 8 Integrating and Applying Coaching Skills

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| Content Session | Tuesday, May 26, 2026 | 11:00 AM ET | 120 minutes |
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