

Catalyst Coach Certification

# Course Schedule

October 6 2025 - May 18, 2026



All times are in Eastern/New York Time.

## Orientation

Orientation Session	Mon, October 6, 2025	11:00 AM ET	60 minutes
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## Module 1 Building the Container: Fundamentals of Coaching

Core Learning Session	Mon, October 13, 2025	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, October 20, 2025	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, October 27, 2025	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, November 3, 2025	11:00 AM ET	120 minutes
Lab Week	Mon, November 10, 2025	Self Paced	120 minutes

## Module 2 Aligning with Purpose: Values-Informed Coaching

Core Learning Session	Mon, November 17, 2025	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, November 24, 2025	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, December 1, 2025	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, December 8, 2025	11:00 AM ET	120 minutes
Lab Week	Mon, December 15, 2025	Self Paced	120 minutes

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### Module 3 Adopting New Perspectives: Beyond Limiting Beliefs

Core Learning Session	Mon, December 22, 2025	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, January 12, 2026	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, January 19, 2026	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, January 26, 2026	11:00 AM ET	120 minutes
Lab Week	Mon, February 2, 2026	Self Paced	120 minutes

### Module 4 Cultivating Presence: Intuition and Somatic Awareness

Core Learning Session	Mon, February 9, 2026	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, February 16, 2026	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, February 23, 2026	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, March 2, 2026	11:00 AM ET	120 minutes
Lab Week	Mon, March 9, 2026	Self Paced	120 minutes

### Module 5 Navigating Human Complexity: From Mental Health to Global Ethics

Core Learning Session	Mon, March 16, 2026	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, March 23, 2026	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, March 30, 2026	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, April 6, 2026	11:00 AM ET	120 minutes
Lab Week	Mon, April 13, 2026	Self Paced	120 minutes

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Module 6 Building Your Coaching Business: A Strategy for Success			
Core Learning Session	Mon, April 20, 2026	11:00 AM ET	180 minutes
Facilitated Triad Practice	Mon, April 27, 2026	11:00 AM ET	120 minutes
Core Learning and Observation Session	Mon, May 4, 2026	11:00 AM ET	180 minutes
Group Mentoring Session	Mon, May 11, 2026	11:00 AM ET	120 minutes
Lab Week	Mon, May 18, 2026	Self Paced	120 minutes