



**Essential Coach Training Program**  
**Level 1 Essential-Associate Training**  
**February 21–June 14, 2025**

*Mastering the Fundamentals of Coaching*

| <b>Week</b>                    | <b>Class Dates and Times</b>  | <b>Notes</b>   |
|--------------------------------|---|--|
| Week 1                         | <b>Workshop 1 (CT)</b><br>Friday, February 21, 12:30–4:30pm<br>Saturday, February 22, 9:00am–3:30pm | Zoom   |
| Workshop 1<br><i>continued</i> | Tuesday, March 4<br>9:00am–10:30am  | Live virtual class   |
| Week 2                         | Tuesday, March 11<br>9:00am–10:30am   | Live virtual class   |
| Week 3                         | Tuesday, March 18<br>9:00am–10:30am   | Live virtual class   |
| Week 4                         | Tuesday, March 25<br>9:00am–10:30am   | Live virtual class   |
| Week 5                         | Tuesday, April 1<br>9:00am–10:30am  | Live virtual class   |
| Week 6                         | Tuesday, April 8<br>9:00am–10:30am  | Live virtual class   |
| Week 7                         | Tuesday, April 15<br>9:00am–10:30am   | Live virtual class   |
| Week 8                         | Tuesday, April 22<br>9:00am–10:30am   | Live virtual class   |
| Week 9                         | <b>Workshop 2 (CT)</b><br>Friday, May 2, 12:30–4:30pm<br>Saturday, May 3, 9:00am–3:30pm             | Zoom   |
| Week 10                        | Week of May 5   | Observation Coaching<br>Scheduled with a CCE Observation Coach |
| Week 11                        | Week of May 12  | Observation Coaching<br>Scheduled with a CCE Observation Coach |
| Week 12                        | Tuesday, May 20<br>9:00am–10:30am   | Live virtual class   |
| Week 13                        | Tuesday, May 27<br>9:00am–10:30am   | Live virtual class   |
| Week 14                        | Tuesday, June 3<br>9:00am–10:30am   | Live virtual class   |
| Week 15                        | Tuesday, June 10<br>9:00am–10:30am  | Live virtual class   |
| Week 16                        | <b>Workshop 3 (CT)</b><br>Friday, June 13, 12:30–4:30pm<br>Saturday, June 14, 9:00am–3:30pm         | Final Workshop<br>Zoom   |