



## Essential Coach Training Program

### Level 1 Essential Training

### January 23–April 13, 2026

*Mastering the Fundamentals of Coaching*

| Week                           | Class Dates and Times   | Notes  |
|--------------------------------|---|--|
| Week 1                         | <b>Workshop 1 (CT)</b><br>Friday, January 23, 12:30–4:30pm<br>Saturday, January 24, 9:00am–3:30pm | Zoom   |
| Workshop 1<br><i>continued</i> | Monday, February 2<br>11:30am–1:00pm CT   | Live virtual class   |
| Week 2                         | Monday, February 9<br>11:30am–1:00pm CT   | Live virtual class   |
| Week 3                         | Monday, February 16<br>11:30am–1:00pm CT  | Live virtual class   |
| Week 4                         | Monday, February 23<br>11:30am–1:00pm CT  | Live virtual class   |
| Week 5                         | Monday, March 2<br>11:30am–1:00pm CT  | Live virtual class   |
| Week 6                         | Monday, March 9<br>11:30am–1:00pm CT  | Live virtual class   |
| Week 7                         | Monday, March 16<br>11:30am–1:00pm CT   | Live virtual class   |
| Weeks<br>8 + 9                 | <b>Workshop 2 (CT)</b><br>Friday, March 27, 12:30–4:30pm<br>Saturday, March 28, 9:00am–3:30pm     | Zoom   |
| Week 10                        | Week of March 30<br>Observation Coaching Week   | Observation Coaching<br>Scheduled with a CCE Observation Coach |
| Week 11                        | Week of April 6<br>Observation Coaching Week  | Observation Coaching<br>Scheduled with a CCE Observation Coach |
| Week 12                        | Monday, April 13<br>11:30am–1:00pm CT   | Live-Virtual Class   |