



Essential Coach Training Program
Level 1 Essential-Associate Training
January 23–May 16, 2026

Mastering the Fundamentals of Coaching

Week	Class Dates and Times	Notes
Week 1	Workshop 1 (CT) Friday, January 23, 12:30–4:30pm Saturday, January 24, 9:00am–3:30pm	Zoom
Workshop 1 <i>continued</i>	Monday, February 2 11:30am–1:00pm CT	Live virtual class
Week 2	Monday, February 9 11:30am–1:00pm CT	Live virtual class
Week 3	Monday, February 16 11:30am–1:00pm CT	Live virtual class
Week 4	Monday, February 23 11:30am–1:00pm CT	Live virtual class
Week 5	Monday, March 2 11:30am–1:00pm CT	Live virtual class
Week 6	Monday, March 9 11:30am–1:00pm CT	Live virtual class
Week 7	Monday, March 16 11:30am–1:00pm CT	Live virtual class
Weeks 8 + 9	Workshop 2 (CT) Friday, March 27, 12:30–4:30pm Saturday, March 28, 9:00am–3:30pm	Zoom
Week 10	Week of March 30 Observation Coaching Week	Observation Coaching Scheduled with a CCE Observation Coach
Week 11	Week of April 6 Observation Coaching Week	Observation Coaching Scheduled with a CCE Observation Coach
Week 12	Monday, April 13 11:30am–1:00pm CT	Live-Virtual Class
Week 13	Monday, April 20 11:30am–1:00pm CT	Live virtual class
Week 14	Monday, April 27 11:30am–1:00pm CT	Live virtual class
Week 15	Monday, May 4 11:30am–1:00pm CT	Live virtual class
Week 16	Workshop 3 (CT) Friday, May 15, 12:30–4:30pm Saturday, May 16, 9:00am–3:30pm	Zoom