



# CLASS SCHEDULE 2018-2019

Monday (2 hours) | 12 Week Session

	Date	Eastern	Central	Mountain	Pacific	Topic of Session
1	2/11/19	8:00PM	7:00PM	6:00PM	5:00PM	Introduction to Life Coaching
2	2/25/19	8:00PM	7:00PM	6:00PM	5:00PM	Self awareness as a Life Coach
3	3/4/19	8:00PM	7:00PM	6:00PM	5:00PM	The ideal client and what they seek
4	3/11/19	8:00PM	7:00PM	6:00PM	5:00PM	How you benefit your client
5	3/18/19	8:00PM	7:00PM	6:00PM	5:00PM	Qualities of a good Life Coach
6	3/25/19	8:00PM	7:00PM	6:00PM	5:00PM	Using personal experiences and intentions
7	4/1/19	8:00PM	7:00PM	6:00PM	5:00PM	Consultation to final session
8	4/8/19	8:00PM	7:00PM	6:00PM	5:00PM	Learning, representational and motivation styles
9	4/15/19	8:00PM	7:00PM	6:00PM	5:00PM	Client's setbacks, fears and hesitation
10	4/22/19	8:00PM	7:00PM	6:00PM	5:00PM	The right and wrong questions
11	2/29/19	8:00PM	7:00PM	6:00PM	5:00PM	Setting and accountability for goals
12	5/6/19	8:00PM	7:00PM	6:00PM	5:00PM	Review and final exam