

<b>Session No.</b>	<b>Date</b>	<b>Day</b>	<b>Module Name</b>
<b>1</b>	October 5 <sup>th</sup> 2022	Wednesday	Module 0: Introduction to the Practitioner Course
<b>2</b>	October 12 <sup>th</sup> 2022	Wednesday	Module 1: Coaching with Psychology & Neuroscience
<b>3</b>	October 19 <sup>th</sup> 2022	Wednesday	Module 1: Coaching with Psychology & Neuroscience
<b>4</b>	October 26 <sup>th</sup> 2022	Wednesday	Module 1: Coaching with Psychology & Neuroscience – Coaching Practice with Peers
<b>5</b>	November 2 <sup>nd</sup> 2022	Wednesday	Module 2: Applied Positive Psychology and Strengths Coaching
<b>6</b>	November 9 <sup>th</sup> 2022	Wednesday	Module 2: Applied Positive Psychology and Strengths Coaching
<b>7</b>	November 16 <sup>th</sup> 2022	Wednesday	Module 2: Applied Positive Psychology and Strengths Coaching - Coaching Practice with Peers
<b>8</b>	November 23 <sup>rd</sup> 2022	Wednesday	Module 3: Wellbeing & Resilience Building in Coaching using the Jess Model
<b>9</b>	November 30 <sup>th</sup> 2022	Wednesday	Module 3: Wellbeing & Resilience Building in Coaching using the Jess Model
<b>10</b>	December 1 <sup>st</sup> 2022	Wednesday	Module 3: Wellbeing & Resilience Building in Coaching using the Jess Model - Coaching Practice with Peers
<b>11</b>	January 4 <sup>th</sup> 2023	Wednesday	Module 4: Peer Coaching and Conflict Management
<b>12</b>	January 11 <sup>th</sup> 2023	Wednesday	Module 4: Peer Coaching and Conflict Management
<b>13</b>	January 18 <sup>th</sup> 2023	Wednesday	Module 4: Peer Coaching and Conflict Management – Coaching Practice with Peers

<b>14</b>	January 25 <sup>th</sup> 2023	Wednesday	Module 5: Team Coaching
<b>15</b>	1 <sup>st</sup> February 2023	Wednesday	Module 5: Team Coaching
<b>16</b>	8 <sup>th</sup> of February 2023	Wednesday	Module 5: Team Coaching – Coaching Practice with Peers

## Elective Modules

<b>Session No.</b>	<b>Date</b>	<b>Day</b>	<b>Module Name</b>
<b>17</b>	February 15 <sup>th</sup> 2023	Wednesday	Module 6: Mindfulness in Coaching
<b>18</b>	February 22 <sup>nd</sup> 2023	Wednesday	Module 6: Mindfulness in Coaching
<b>19</b>	March 1 <sup>st</sup> 2023	Wednesday	Module 6: Mindfulness in Coaching – Peer Coaching Practice
<b>20</b>	March 8 <sup>th</sup> 2023	Wednesday	Module 7: Coaching for Performance/ Motivation
<b>21</b>	March 11 <sup>th</sup> 2023	Saturday	Module 7: Coaching for Performance/ Motivation
<b>22</b>	March 15 <sup>th</sup> 2023	Wednesday	Module 7: Coaching for Performance/ Motivation
<b>23</b>	March 18 <sup>th</sup> 2023	Saturday	Module 7: Coaching for Performance/ Motivation – Peer Coaching Practice