



2023 Foundation Program Training Schedule

Our **FOUNDATION COACH TRAINING PROGRAM** is designed for Professional Organizers and Productivity Consultants. *Coaching Essentials* is a stand-alone course, providing an in-depth introduction to coaching skills, process and ethics. It's also the required first foundation course.

The **FOUNDATION PROGRAM** is the core training for seven coach credentials. Our full curriculum includes specialized graduate-level courses. CAT-IAC is an International Coaching Federation Accredited Coach Training Program (ACTP). Individual courses have ICF-Approved Coach-Specific Training Hour status.

[REGISTRATION LINK](https://squareup.com/store/CoachApproach)
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Core Foundation Program Courses (take in order, 1-5)

1. Coaching Essentials	2. Strengths-Based Coaching	3. Brain-Based Coaching	4. Life & ADHD Coaching	5. Coach Integration
Fall 2021 completed Winter 2022 completed Spring 2022 completed	Spring 2022 completed Fall 2022 completed	Fall 2022 completed	Feb 1—Mar 8, 2023 completed	Apr 26—May 17, 2023 4 Wednesdays, 3-4:30 pm Register by Apr 12 GRADUATION!
Fall 2022 in session Jan 10—Feb 28, 2023 completed	Apr 13—May 11, 2023 5 Thursdays, 3-4:30 pm Register by Mar 24	Oct 25 — Dec 13, 2023 Skip Nov 19-26 US Thanksgiving, & Nov 27-Dec 2 Int'l ADHD Conf. 6 Wednesdays, 3-4:30 pm Register by Oct 11	Winter 2024 6 sessions, Feb-Mar 2024 Register 2 weeks before	Spring 2024 4 sessions, April or May Register 2 weeks before GRADUATION!
June 14—Aug 9, 2023 No class week of July 4th 8 Wednesdays, Noon-1:30 pm Register by May 31	Sept 13—Oct 11, 2023 5 Wednesdays, 3-4:30 pm Register by Aug 30	<div style="border: 1px solid orange; padding: 5px;"> <p>All times are listed in Eastern US Subtract: 1 hour for Central; 2 hours for Mountain; 3 hours for Pacific. In AZ, use Pacific calculation Spring to Autumn.</p> </div>		
Oct 11—Dec 13, 2023 Skip Nov 19-26 US Thanksgiving, plus Nov 27-Dec 2 Int'l ADHD Conf. 8 Wednesdays, 2-3:30 pm Register by Sept 27	←Take this (or CE spring 2024) to align for SBC (spring or early fall); BBC (late fall); & 2025 LAC (Feb-Mar) & CI/graduation (spring)			

Elective Foundation Program Courses



Coaching Skills Lab ★ offered each winter, spring, summer
 Denslow Brown, MCC ★ *Coaching Essentials* is the pre-requisite
 4 Thursdays, July 13—Aug 3, 2023 ★ Noon-1:45 Eastern (9-10:45 am Pacific)
 ★ Register by **Jun 29**

Cultivate Coaching Courage (Self-Knowledge) ★ using the *Dare to Lead* text by Brené Brown
 Ellen Faye, CPLC, PCC ★ *Coaching Essentials* & *Strengths-Based Coaching* are the pre-requisites ★ each winter & spring
 6 Thursdays, Jun 1—Jul 6, 2023 ★ Noon-1:30 pm Eastern (9-10:30 am Pacific) ★ Register by **May 18**

Client Enrollment: Best Practices ★ offered each winter & summer
 Andrea Sharb, PCC, CPC ★ *Coaching Essentials* & *Strengths-Based Coaching* are the pre-requisites
 3 alternate Mondays ★ Jul 10 & 24, Aug 7, 2023 ★ 3-4:30 pm Eastern (noon-1:30 Pacific) ★ Register by **June 30**

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Schedule is subject to change.

5/9/2023

IAC- & ICF-credentialed coaches may retake any foundation course for Continuing Coach Education (CCE) recertification hours.

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★ The Institute for Applied Coaching conducts the credentialing of coaches trained by Coach Approach Training.