



# 2024 Foundation Program Training Schedule

Our **FOUNDATION COACH TRAINING PROGRAM** is designed for Professional Organizers and Productivity Consultants, as well as allied professionals. *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 eight coach credentials. Our full curriculum also includes specialized graduate-level coaching courses that address ADHD & neurodiversity, as well as these coaching focus-areas: body-based, holistic time, productivity, effective leaders, change, courage, and mentoring.

[REGISTRATION LINK](https://Coach-Approach-Training.square.site/)  
[Coach-Approach-Training.square.site/](https://Coach-Approach-Training.square.site/)

## 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
Winter 2023 completed Spring 2023 completed	Fall 2023 completed	Fall 2023 now in session	Jan 24—Feb 28, 2024 6 Wednesdays, 2:30-4 pm Register by Jan 10	Apr 17—May 8, 2024 4 Wednesdays, 2:30-4 pm Register by Apr 3 <b>GRADUATION!</b>
Fall 2023 now in session Feb 1—Mar 21, 2024 8 Thursdays, 4-5:30 pm Register by January 15	May 15—June 12, 2024 5 Wednesdays, 2:30-4 pm Register by May 1	<div style="border: 1px solid black; padding: 5px;"> <p><b>All times are listed in Eastern US</b>            Subtract: 1 hour for Central; 2 hours for Mountain;            3 hours for Pacific. In AZ, use Pacific calculation Spring to Autumn.</p> </div>		
Apr 23—Jun 11, 2024 8 Tuesdays, 11am-12:30pm Register by April 9	Sept 16—Oct 14, 2024 5 Mondays, 2:30-4 pm Register by Aug 29	Nov 4—Dec 9, 2024 6 Mondays, 2:30-4 pm Register by Oct 21	Late Winter 2025 6 weekly sessions	Spring 2025 4 weekly sessions <b>GRADUATION!</b>
Oct 8—Dec 13, 2024 Skip Nov 26, US Thanksgiving Week 8 Tuesdays, 11 am-12:30 pm Register by Sept 25	←Take <i>Coaching Essentials</i> in fall 2024 or winter or spring 2025 to align for <i>Strengths-Based Coaching</i> (spring or early fall 2025); then <i>Brain-Based Coaching</i> (late fall 2025); <i>Life &amp; ADHD Coaching</i> (Jan-Feb 2026); and <i>Coach Integration</i> (spring 2026).			

## Elective Foundation Program Courses

**Coaching Skills Lab** ★ Denslow Brown, MCC ★ *Coaching Essentials* is the pre-requisite ★  
 ★ offered three times a year — in the winter, spring or summer ★ 3, 4 or 5 weekly sessions ★  
 Inquire if interested — the course will be scheduled to accommodate you, then promoted to others.

**Cultivate Coaching Courage (confident communication)** ★ Ellen Faye, CPLC, PCC  
 ★ offered each year ★ *Coaching Essentials* & *Strengths-Based Coaching* are the pre-requisites  
 6 Tuesdays, June 4—July 9, 2024 ★ 3-4:30 pm Eastern (Noon-1:30 am Pacific) ★ Register by May 21

**Client Enrollment: Best Practices** ★ Andrea Sharb, PCC, COC  
 ★ offered winter & summer ★ *Coaching Essentials* & *Strengths-Based Coaching* are the pre-requisites  
 3 Fridays: March 8, 22 & April 12, 2024 (skip the two weeks after class 2 for Easter & NAPO) ★  
 1-2:30 pm Eastern (10-11:30 pm Pacific) ★ Reg by February 22  
 3 alternate Wednesdays: July 31 & August 14 and 28 ★ 3:30-5 pm Eastern (12:30-2 pm Pacific) ★ Register by July 15

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This schedule is subject to change.

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[Denslow@OrganizerCoach.com](mailto:Denslow@OrganizerCoach.com) ★ 417-683-1064 ★ [CoachApproachTraining.com](https://CoachApproachTraining.com)

- ★ The Institute for Applied Coaching conducts the credentialing of coaches trained by Coach Approach Training.
- ★ The entire CAT-IAC program is an Int'l Coaching Federation Level 2 Accredited Coach Training Program.
- ★ As a portion of the ICF-approved CAT curriculum, each course qualifies for Continuing Coach Education credits. IAC- & ICF-credentialed coaches may retake any foundation course for recertification credits.