



## 2022 Live Programme Timetable

Choose your Coaching Circle time when you enrol.  
Calls with Sas are on THURSDAYS and alternate 10am and 8pm UK time.

<u>Week Commencing</u>	<u>Module</u>
19th September	Orientation Week + Grp Welcome Call with Sas 8pm
26 September	M1: Understanding Self-doubt + Coaching Circle
3rd October	M2. The Root Causes of Self-doubt + Coaching Circle + Grp Coaching with Sas 10am
10 October	M3. Making Peace with Your Protector + Coaching Circle
17 October	M4. Changing your Self-doubt Story + Coaching Circle + Grp Coaching with Sas 8pm
24th October	M5. Courage-based Goals + Coaching Circle
31st October	M6. Self-belief + Coaching Circle + Grp Coaching with Sas 10am
7th November	M7. Self-acceptance + Coaching Circle
14th November	M8. Self-worth + Coaching Circle + Grp Coaching with Sas 8pm
21st November	M9. Self-Trust + Coaching Circle
28th November	M10. Living from your Healthy Adult Self + Coaching Circle + Grp Coaching with Sas 10am
5th December	Core Curriculum Celebration with Sas! 8pm

