Onboarding Session	Tuesday 28th January 10am - 11am	
Module	**Module Opens**	**Group Coaching Sessions**
Session Timings	**Allow 3 hours per module**	**10am to 11am - 1 Hour**
Module 1 - Introduction	**Tuesday 28th January**	**Tuesday 4th February**
Module 2 - Self-Leadership	**Tuesday 11th February**	**Tuesday 18th February**
Module 3 - Self-Awareness Part 1	**Tuesday 11th March**	**Tuesday 18th March**
Module 4 - Self-Awareness Part 2	**Tuesday 25th March**	**Tuesday 1st April**
Module 5 - Self-Regulation	**Tuesday 8th July**	**Tuesday 22nd July**
Module 6 - Self-Accountability	**Tuesday 12th August**	**Tuesday 26th August**
Module 7 - Self-Efficacy	**Tuesday 2nd September**	**Tuesday 16th September**
Module 8 - Turn Your Knowledge into Wisdom	**Tuesday 23rd September**	**Tuesday 30th September**
Graduation	**Tuesday 7th October 2pm**	

NOTES

Module Opens	Your modules open on these allocated dates. We recommend that you **allow 3 hours** to complete each module. This includes watching any videos, completing worksheets or undertaking practices.
Group Coaching Dates	Each participant needs to complete **SIX** group coaching sessions over the duration of the 8-module course. You are welcome to attend all 8 sessions if you wish, and we recommend that you do for added value and learning. No matter what the topic, it is often very relevant to all attendees.

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