

Breakthrough Coaching *ELEVATE* Schedule

In Eastern/New York Time (ET)

December 2022

Group Mentoring Session *	Week of December 5, 2022	TBD	90 minutes
Practice Session	December 6, 2022	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	December 13, 2022	10 am ET	45 minutes
Practice Session	December 20, 2022	10 am ET and 6 pm ET	60 minutes
Live Q&A Session	December 21, 2022	10 am ET and 6 pm ET	45 minutes

January 2023

Practice Session	January 3, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	January 10, 2023	10 am ET	45 minutes
Practice Session	January 17, 2023	10 am ET and 6 pm ET	60 minutes
Live Q&A Session	January 24, 2023	10 am ET and 6 pm ET	45 minutes
Group Mentoring Session *	Week of January 30, 2023	TBD	90 minutes

February 2023

Practice Session	February 7, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	February 14, 2023	10 am ET	45 minutes
Practice Session	February 21, 2023	10 am ET and 6 pm ET	60 minutes
Group Mentoring Session *	Week of February 27, 2023	TBD	90 minutes
Live Q&A Session	February 28, 2023	10 am ET and 6 pm ET	45 minutes

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March 2023			
Practice Session	March 7, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	March 14, 2023	10 am ET	45 minutes
Practice Session	March 21, 2023	10 am ET and 6 pm ET	60 minutes
Group Mentoring Session *	Week of March 27, 2023	TBD	90 minutes
Live Q&A Session	March 28, 2022	10 am ET and 6 pm ET	45 minutes

April 2023			
Practice Session	April 4, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	April 11, 2023	10 am ET	45 minutes
Practice Session	April 18, 2023	10 am ET and 6 pm ET	60 minutes
Group Mentoring Session *	Week of April 24, 2023	TBD	90 minutes
Live Q&A Session	April 25, 2023	10 am ET and 6 pm ET	45 minutes

May 2023			
Practice Session	May 2, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	May 9, 2023	10 am ET	45 minutes
Practice Session	May 16, 2023	10 am ET and 6 pm ET	60 minutes
Live Q&A Session	May 23, 2023	10 am ET and 6 pm ET	45 minutes
Group Mentoring Session *	Week of May 29, 2023	TBD	90 minutes

June 2023			
Practice Session	June 6, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	June 13, 2023	10 am ET	45 minutes
Practice Session	June 20, 2023	10 am ET and 6 pm ET	60 minutes
Group Mentoring Session *	Week of June 26, 2023	TBD	90 minutes
Live Q&A Session	June 27, 2023	10 am ET and 6 pm ET	45 minutes

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July 2023			
Practice Session	July 5, 2023	10 am ET and 6 pm ET	60 minutes
Live Coaching Demonstration	July 11, 2023	10 am ET	45 minutes
Practice Session	July 18, 2023	10 am ET and 6 pm ET	60 minutes
Group Mentoring Session *	Week of July 24, 2023	TBD	90 minutes
Live Q&A Session	July 25, 2023	10 am ET and 6 pm ET	45 minutes

*** Important note:**

The time of your Group Mentoring Session depends on the group you choose. Once picked, your Group Mentoring will always take place on the same day and time on the scheduled weeks.

You may see some overlap with your Group Mentoring Sessions with other sessions. Please take note that the Practice Sessions and Live Q&A sessions are just add-ons to provide further value in the program. Your Group Mentoring Sessions should be your top priority for attendance.