

## → Weekly Programme Timetable

Week	Live session time	Learning content	Time required	Assignment work (own time)
<b>Week 1</b> w/c 22 January	No live session	<ul style="list-style-type: none"> <li>♦ Induction week</li> <li>♦ Self-guided introduction to the programme</li> </ul>	3 hours	<ul style="list-style-type: none"> <li>♦ Find your coachees for your coaching assignment</li> </ul>
<b>Week 2</b> w/c 29 January	Monday 29 January 12:00 - 13:30 GMT	<ul style="list-style-type: none"> <li>♦ Live session</li> <li>♦ Self-guided online activities, reading and discussions</li> </ul>	7 hours	<ul style="list-style-type: none"> <li>♦ Start your 6 hours of coaching practice</li> </ul>
<b>Week 3</b> w/c 5 February	Monday 5 February 12:00 - 13:30 GMT	<ul style="list-style-type: none"> <li>♦ Live session</li> <li>♦ Self-guided online activities, reading and discussions</li> <li>♦ Coaching demonstration</li> </ul>	6 hours	<ul style="list-style-type: none"> <li>♦ Continue coaching practice</li> </ul>
	Wednesday 7 February 13:00 - 14:00 GMT	<ul style="list-style-type: none"> <li>♦ Pairs coaching</li> </ul>	1 hour	
<b>Week 4</b> w/c 12 February	Tuesday 13 February 12:00- 13:30 GMT	<ul style="list-style-type: none"> <li>♦ Live session</li> <li>♦ Self-guided online activities, reading and discussions</li> </ul>	6 hours	<ul style="list-style-type: none"> <li>♦ Continue coaching practice</li> </ul>
	Wednesday 14 February 12:00 - 13:00 GMT	<ul style="list-style-type: none"> <li>♦ Coaching demonstration</li> </ul>	1 hour	
<b>Week 5</b> w/c 19 February	No live session	<ul style="list-style-type: none"> <li>♦ Reading week</li> </ul>	3 hours	<ul style="list-style-type: none"> <li>♦ Continue coaching practice</li> </ul>
<b>Week 6</b> w/c 26 February	Tuesday 27 February 12:00 - 13:30 GMT	<ul style="list-style-type: none"> <li>♦ Live session</li> <li>♦ Self-guided online activities, reading and discussions</li> </ul>	6 hours	<ul style="list-style-type: none"> <li>♦ Continue coaching practice</li> </ul>
	Wednesday 28 February 12:00 - 13:00 GMT	<ul style="list-style-type: none"> <li>♦ Pairs coaching</li> </ul>	1 hour	
<b>Week 7</b> w/c 4 March	Tuesday 5 or Wednesday 6 March various times TBC between 8.30 - 17.00 GMT (1.5 hours for coaching observation)	<ul style="list-style-type: none"> <li>♦ Coaching observation and feedback</li> <li>♦ Self-guided online activities, reading and discussions</li> </ul>	7 hours	<ul style="list-style-type: none"> <li>♦ Continue coaching practice</li> </ul>
<b>Week 8</b> w/c 11 March	Friday 15 March 12:00 - 13:30 GMT	<ul style="list-style-type: none"> <li>♦ Live session</li> <li>♦ Self-guided online activities, reading and discussions</li> </ul>	7 hours	<ul style="list-style-type: none"> <li>♦ Finish 6 hours of coaching practice</li> <li>♦ Complete written reflection</li> </ul>