

COMPULSORY REQUIREMENTS

Workshop	Date	Time (NZT)
Intensive Coaching Skills Workshop — Day 1	Tuesday 17 February	9:00am – 5:00pm
Intensive Coaching Skills Workshop — Day 2	Wednesday 18 February	9:00am – 5:00pm
Coaching Skills Workshop 1	Tuesday 24 February	9:30am – 12:00pm
Coaching Skills Workshop 2	Tuesday 10 March	9:30am – 12:00pm
Coaching Skills Workshop 3	Tuesday 24 March	9:30am – 12:00pm
Coaching Skills Workshop 4	Tuesday 7 April	9:30am – 12:00pm
Coaching Skills Workshop 5	Tuesday 21 April	9:30am – 12:00pm
Coaching Skills Workshop 6	Tuesday 5 May	9:30am – 12:00pm
In-Person Coaching Mentoring	By arrangement	1:1 session

2-Day Intensive Coaching Skills Workshop

Live, online interactive foundations workshop covering core coaching frameworks, demonstrations, case-based scenarios, and guided reflection. Cohort-based learning.

Coaching Skills Workshops × 6 (2.5 hours each)

Live, online interactive workshops that build on the foundations. Skill development and application, with structured practice, scenario work, and facilitated feedback. Cohort-based.

In-Person Coaching Mentoring Sessions

1:1 in-clinic mentorship and skill evaluation assessment.

6 MONTHS ACCESS

The following sessions are available to you for 6 months and run weekly. Attendance is flexible — join whenever suits you best.

Weekly Ask the Expert Sessions

Online Q&A sessions focused on lifestyle medicine, mental health and addictions, wellbeing, and safe application within scope. Sessions run weekly with flexible attendance to suit the learner.

Coaching Practice Sessions

Online live role play, coaching practice and feedback. Sessions run weekly with flexible attendance to suit the learner.

Online Coaching Mentoring Sessions

Group online sessions to bring coaching questions and challenges. Sessions run weekly with flexible attendance to suit the learner. Note: Mentoring sessions commence once the fortnightly workshops have concluded.