

## COMPULSORY REQUIREMENTS

Workshop	Date	Time (NZT)
Intensive Coaching Skills Workshop — Day 1	Wednesday 17 June	9:00am – 5:00pm
Intensive Coaching Skills Workshop — Day 2	Thursday 18 June	9:00am – 5:00pm
Coaching Skills Workshop 1	Thursday 25 June	9:30am – 12:00pm
Coaching Skills Workshop 2	Thursday 9 July	9:30am – 12:00pm
Coaching Skills Workshop 3	Thursday 23 July	9:30am – 12:00pm
Coaching Skills Workshop 4	Thursday 6 August	9:30am – 12:00pm
Coaching Skills Workshop 5	Thursday 20 August	9:30am – 12:00pm
Coaching Skills Workshop 6	Thursday 3 September	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.