

# THE SCHEDULE

***The Flow Coach Accreditation***  
*(ICF Level 2 Accredited)*



# The Schedule

The course will be conducted over several months to allow you sufficient time to digest and integrate the theory into practice. We will meet on the dates below for five-hour sessions, but you will also need to set aside time outside these sessions to read the material, review past and future content, and practice coaching skills. In addition to the times below, please allocate several hours each month at your convenience.

We will meet via Zoom at <https://theflowcentre.zoom.us/j/3414780187>

Please ensure you have a quiet, undisturbed location for the training. A place that is warm, bright, and safe to share your feelings and thoughts. The course is very interactive, so it is paramount that you can speak freely and give the sessions your undivided attention.

*All sessions: 1 pm to 6 pm Perth, WA, time zone (Time change at the beginning of April and October)*

**NOTE: THE DATES BELOW ARE EXAMPLE DATES. CONFIRMED DATES WILL BE ISSUED NEARER THE TIME.**

## Sept

### *Module 1*

**Session 1: Mon 21<sup>st</sup>**

**Session 2: Wed 23<sup>rd</sup>**

## Oct

### *Module 2*

**Session 3: Mon 5<sup>th</sup>**

**Session 4: Wed 7<sup>th</sup>**

**Session 5: Mon 26<sup>th</sup>**

### *Module 3*

**Session 6: Wed 28<sup>th</sup>**

## Nov

### *Module 3*

**Session 7: Mon 2<sup>nd</sup>**

### *Module 4*

**Session 8: Wed 4<sup>th</sup>**

**Session 9: Mon 23<sup>rd</sup>**

**Session 10: Wed 25<sup>th</sup>**

## Dec

**Session 11: Mon 7<sup>th</sup>**

**Session 12: Wed 9<sup>th</sup>**

### *Module 5*

**Session 13: Mon 14<sup>th</sup>**



**Session 14: Wed 16<sup>th</sup>**

Feb

**Session 15: Mon 8<sup>th</sup>**

**Session 16: Wed 10<sup>th</sup>**

**Session 17: Mon 22<sup>nd</sup>**

Mar

**Session 18: Mon 1<sup>st</sup>**

**Session 19: Wed 3<sup>rd</sup>**

*Presentations*

**Session 20: Wed 24<sup>th</sup> March**

***Essay Due – 10<sup>th</sup> March***

***ICF Assessment Recording Due – 10<sup>th</sup> March***

***FCF Assessment Recording Due – 10<sup>th</sup> March***

*Back-up Session – Not Planned*

**Session 21: Wed 10<sup>th</sup> March**



# Online Self-Paced Learning

A few weeks prior to the course starting, you will have access to the online learning modules. These self-paced online modules are compulsory and form the foundation of the learning required to engage in the practices during the live sessions.

Each online module must be completed before the corresponding live practical session. See the due dates below.

**DO NOT SKIP AHEAD – PLEASE DIGEST THE RECORDINGS BY THE DATE AND ORDER SHOWN BELOW** (They are in an order for a reason).

**MODULE 1 - Coaching Foundations (Level 1) – 21<sup>st</sup> Sep**

**MODULE 2 – HUMAN Performance (Level 1) – 2<sup>nd</sup> Oct**

**MODULE 3 – Facilitating Flow (Level 1 & 2) – 26<sup>th</sup> Oct**

**MODULE 4 – Coaching Professionally (Level 2) – 2<sup>nd</sup> Nov**

**MODULE 5 – Flow Coaching Practices (Level 2) – 9<sup>th</sup> Dec**

**Bye for now, get excited! We will see you soon.**

