



2022 Live Programme Timetable

Choose your Coaching Circle time when you enrol.
Calls with Sas are on THURSDAYS and alternate 10am and 8pm UK time.

Week Commencing Module

19th September	Orientation Week + Thursday 22nd Grp Welcome Call with Sas 8pm
26 September	M1: Understanding Self-doubt + Coaching Circle
3rd October	M2. The Root Causes of Self-doubt + Coaching Circle + Grp Coaching with Sas 10am
10 October	M3. Making Peace with Your Protector + Coaching Circle
17 October	M4. Changing your Self-doubt Story + Coaching Circle + Grp Coaching with Sas 8pm
24th October	M5. Courage-based Goals + Coaching Circle
31st October	M6. Self-belief + Coaching Circle + Grp Coaching with Sas 10am
7th November	M7. Self-acceptance + Coaching Circle
14th November	M8. Self-worth + Coaching Circle + Grp Coaching with Sas 8pm
21st November	M9. Self-Trust + Coaching Circle
28th November	M10. Living from your Healthy Adult Self + Coaching Circle + Grp Coaching with Sas 10am
5th December	Core Curriculum Celebration with Sas! 8pm

