



PROGRAMME TIMETABLE

2023

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20 SAS WELCOME CALL 8PM	21	22	23	24	25	26	
27 1: UNDERSTANDING SELF-DOUBT	28						

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
		1	2	3	4	5	Choose any Coaching Circle that suits you. March 12th USA Daylight Savings - move forward one hour.
6	7 NOON LISA COACHING CIRCLE	8 7PM SCOTT COACHING CIRCLE	9 5PM MARION COACHING CIRCLE	10	11	12	
13 2: MAKING PEACE WITH YOUR PROTECTOR	14	15	16 SAS COACHING CALL 10AM	17	18	19	
20	21 NOON LISA COACHING CIRCLE	22 7PM SCOTT COACHING CIRCLE	23 5PM MARION COACHING CIRCLE	24	25	26	
27 3: THE ROOT CAUSES OF SELF-DOUBT	28	29	30	31			

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
					1	2	Choose any Coaching Circle that suits you.
3	4 10AM LISA COACHING CIRCLE	5 7PM SCOTT COACHING CIRCLE	6 5PM MARION COACHING CIRCLE	7	8	9	
10	11	12 EASTER WEEK	13	14	15	16	
17 4: CHANGING YOUR SELF-DOUBT STORY	18	19	20	21	22	23	
24	25 10AM LISA COACHING CIRCLE	26 7PM SCOTT COACHING CIRCLE	27 5PM MARION COACHING CIRCLE	28	29	30	

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
1 5: GROWING SELF-BELIEF	2	3	4 SAS COACHING CALL 8PM	5	6	7	Choose any Coaching Circle that suits you.
8	9 NOON LISA COACHING CIRCLE	10 7PM SCOTT COACHING CIRCLE	11 5PM MARION COACHING CIRCLE	12	13	14	
15	16	17	18	19	20	21	
22 6: GROWING SELF-ACCEPTANCE	23	24	25	26	27	28	
29	30 NOON LISA COACHING CIRCLE	31 7PM SCOTT COACHING CIRCLE	5PM MARION COACHING CIRCLE				

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
			1	2	3	4	Choose any Coaching Circle that suits you.
5 7: GROWING SELF-WORTH	6	7	8 SAS COACHING CALL 10AM	9	10	11	
12	13 NOON LISA COACHING CIRCLE	14 7PM SCOTT COACHING CIRCLE	15 5PM MARION COACHING CIRCLE	16	17	18	
19 8: GROWING SELF-TRUST	20	21	22	23	24	25	
26	27 NOON LISA COACHING CIRCLE	28 7PM SCOTT COACHING CIRCLE	29 5PM MARION COACHING CIRCLE	30			

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
					1	2	Choose any Coaching Circle that suits you.
3 9: LIVING FROM YOUR HEALTHY ADULT SELF	4	5	6 SAS COACHING CALL 8PM	7	8	9	
10	11 NOON LISA COACHING CIRCLE	12 7PM SCOTT COACHING CIRCLE	13 5PM MARION COACHING CIRCLE	14	15	16	
17 10: COURAGE-BASED GOALS	18	19	20	21	22	23	
24	25 NOON LISA COACHING CIRCLE	26 7PM SCOTT COACHING CIRCLE	27 5PM MARION COACHING CIRCLE	28	29	30	

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
31	1	2	3 SAS COACHING CALL 8PM	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Notes
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	