

# BAC SEPTEMBER 2022 SCHEDULE

SEPT 18	SEPT 27	OCT 04	OCT 11	OCT 18
<input type="checkbox"/> <u>Sunday</u> WITH LYDIA <b>MONTH ONE</b> Time: 4pm - 8pm Hours: 4 Class: Online Module: ONE Coaching, a calling? Defining the Process Coaching Mastery Getting Started	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH ONE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Transformative Questioning	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH TWO</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Masterful Listening	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH TWO</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Clear Communicating	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH TWO</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Clarifying, Reflecting, Reframing
OCT 25	NOV 01	NOV 08	NOV 15	NOV 22
<input type="checkbox"/> <u>Tuesday</u> <b>MONTH THREE</b> Time: 7pm-8pm Hours: 1 Class: Online Module TWO Acknowledging & Messaging	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH THREE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Contracting and Measuring	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH THREE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Strategise to Realise	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH THREE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Taking Action	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FOUR</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Progress and Accountability

# BAC SEPTEMBER 2022 SCHEDULE

NOV 29	DEC 6	DEC 13	DEC 20	JAN 03
<input type="checkbox"/> <u>Tuesday</u> <b>MONTH THREE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: TWO Awareness and Partnering.	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FOUR</b> Time: 7pm-8pm Hours: 1 Class: Online Module TWO Personality and Profiles	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FOUR</b> Time: 7pm-8pm Hours: 1 Class: Online Module TWO Energy and Intuition	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FOUR</b> Time: 7pm-8pm Hours: 1 Class: Online Module TWO Body Language and Tone	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FIVE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: THREE Part A: Core Values
JAN 10	JAN 17	JAN 24	FEB 11	FEB 12
<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FIVE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: THREE Part B: Emotional Needs	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FIVE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: THREE Part C: Limiting Beliefs	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH FIVE</b> Time: 7pm-8pm Hours: 1 Class: Online Module: THREE Part D: Working with the Ego	<input type="checkbox"/> <u>Saturday</u> <b>MONTH SIX</b> Time: 7pm-8:30pm Hours: 1.5 Class: Online Module: THREE The Happiness Reset	<input type="checkbox"/> <u>Sunday</u> <b>MONTH SIX</b> Time: 7pm-8:00pm Hours: 1 Class: Online Module: THREE The Happiness Reset

# BAC SEPTEMBER 2022 SCHEDULE



FEB 13	FEB 14	FEB 15	FEB 16	FEB 17
<input type="checkbox"/> <u>Monday</u> <b>MONTH SIX</b> Time: 7pm-8:00pm Hours: 1 Class: Online Module: THREE The Happiness Reset	<input type="checkbox"/> <u>Tuesday</u> <b>MONTH SIX</b> Time: 7pm-8:30pm Hours: 1.5 Class: Online Module: THREE The Happiness Reset	<input type="checkbox"/> <u>Wednesday</u> <b>MONTH SIX</b> Time: 7pm-8:00pm Hours: 1 Class: Online Module: THREE The Happiness Reset	<input type="checkbox"/> <u>Sunday</u> <b>MONTH SIX</b> Time: 7pm-8:00pm Hours: 1 Class: Online Module: THREE The Happiness Reset	<input type="checkbox"/> <u>Friday</u> <b>MONTH SIX</b> Time: 7pm-8:30pm Hours: 1.5 Class: Online Module THREE The Happiness Reset

## London Live Weekends

Coach Acceleration - 4th & 5th of Feb 2023 | Business Acceleration 13th & 14th of May 2023.

## Months seven to twelve

Business modules begin which are all pre-recorded, including videos and worksheets for you to complete.

Group mentoring (60 minutes) x 5: The first Monday of every month at 7pm  
March/April/May/June/August

One-to-one mentoring (45 minutes) x 5: March/April/May/June/July  
These sessions will be available to book with your mentor after completing month six.