

**CINERGY® CONFLICT MANAGEMENT COACHING**  
**VIRTUAL TRAINING - CLASS AND PRACTICE DATES**  
**January 17-February 8, 2022**

**Times are in Eastern time (Canada).** Check [www.timeanddate.com](http://www.timeanddate.com) to confirm your time otherwise.

**Class 1: Monday January 17 (9:00 am – noon)**

**Class 2: Tuesday January 18 (9:00 am - noon)**

**Skills Practices 1 & 2: To be scheduled \*\* January 19-24**

**Class 3: Tuesday January 25 (9:00 am – noon)**

**Skills Practices 3 & 4: To be scheduled \*\* January 26-31**

**Class 4: Tuesday February 1 (9:00 am – noon)**

**Class 5: Monday February 7 (9:00 am - noon)**

**Class 6: Tuesday February 8 (9:00 am – noon)**

**Additional intersession work – for which participants receive credits – will be assigned throughout the above schedule.**

**\*\*SKILLS PRACTICE - SESSIONS IN TWO'S**

**Two hours per person – done in pairs – January 19-24 and two hours per person in same pair – January 26-31**

Participants are paired and allocated a coach-mentor who will oversee the coaching practices. Timing is coordinated among the three of you and sessions are held according to your mutual timing and choice of forum i.e. Zoom, Microsoft etc. within the practice periods indicated