

CINERGY® CONFLICT MANAGEMENT COACHING
VIRTUAL TRAINING - CLASS AND PRACTICE DATES
January 16-February 7, 2023

Times are in Eastern Time - Toronto (to check your time zone
www.timeanddate.com)

Class 1: Monday January 16 (10:00 a.m. – 1:00 p.m.)

Class 2: Tuesday January 17 (10:00 a.m. – 1:00 p.m.)

Skills Practices 1 & 2: To be scheduled ** January 18-23

Class 3: Tuesday January 24 (10:00 a.m.– 1:00 p.m.)

Skills Practices 3 & 4: To be scheduled **January 25-30

Class 4: Tuesday January 31 (10:00 a.m.– 1:00 p.m.)

Class 5: Monday February 6 (10:00 a.m. – 1:00 p.m.)

Class 6: Tuesday February 7 (10:00 a.m. – 1:00 p.m.)

Intersession work – for which participants receive credits – will be assigned throughout the above schedule

****SKILLS PRACTICE SESSIONS**

**Two and a half hours per person – done in pairs - January 18-23 and
two and a half hours per person – January 25 - 30**

Participants are paired and allocated a coach-mentor who will oversee the practices. Timing is coordinated among you according to your mutual availability and choice of forum i.e. Zoom, Microsoft, Google Hangout etc.