

CINERGY® CONFLICT MANAGEMENT COACHING
VIRTUAL TRAINING - CLASS AND PRACTICE DATES

April 3rd – April 25th, 2023

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

Class 1: Monday April 3rd (10:00 a.m. – 1:00 p.m.)

Class 2: Tuesday April 4th (10:00 a.m. – 1:00 p.m.)

Skills Practices 1 & 2: To be scheduled **April 5th to 10th

Class 3: Tuesday April 11th (10:00 a.m.– 1:00 p.m.)

Skills Practices 3 & 4: To be scheduled **April 12th – 17th

Class 4: Tuesday April 18th (10:00 a.m.– 1:00 p.m.)

Class 5: Monday April 24th (10:00 a.m. – 1:00 p.m.)

Class 6: Tuesday April 25th (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 – April 5 – 10 and two and a half hours per person – April 12 - 17

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.