

CINERGY® CONFLICT MANAGEMENT COACHING
VIRTUAL TRAINING - CLASS AND PRACTICE DATES
January 6-23, 2025

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

Class 1: Monday January 6 (1:00 pm – 4:00 pm)

Class 2: Tuesday January 7 (1:00 pm – 4:00 pm)

Skills Practices 1 & 2: To be scheduled ** January 8-13

Class 3: Tuesday January 14 (1:00 pm – 4:00 pm)

Skills Practices 3 & 4: To be scheduled ** January 15-20

Class 4: Tuesday January 21 (1:00 pm – 4:00 pm)

Class 5: Wednesday January 22 (1:00 pm – 4:00 pm)

Class 6: Thursday January 23 (1:00 pm – 3:00 pm)

Intersession work – for which participants receive credits – will be assigned throughout the above schedule. Average time requirement per assignment – 30 minutes.

****SKILLS PRACTICE SESSIONS**

Two and a half hours per person – done in pairs or threes – January 8-13 - and up to two and a half hours per person – January 15-20

Participants are paired/or in threes 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.