

CINERGY® CONFLICT MANAGEMENT COACHING
VIRTUAL TRAINING - CLASS AND PRACTICE DATES
August 5 -21, 2025

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

Class 1: Tuesday August 5 (1:00 p.m. – 4:00 p.m.)

Class 2: Wednesday August 6 (1:00 p.m. – 4:00 p.m.)

Skills Practices 1 & 2: To be scheduled ** August 7 - 11

Class 3: Tuesday August 12 (1:00 p.m.– 4:00 p.m.)

Skills Practices 3 & 4: To be scheduled **August 13-18

Class 4: Tuesday August 19 (1:00 p.m.– 4:00 p.m.)

Class 5: Wednesday August 20 (1:00 p.m. – 4:00 p.m.)

Class 6: Thursday August 21 (1:00 p.m. – 3:00 p.m.)

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

****SKILLS PRACTICE SESSIONS**

Up to two and a half hours per person – done in pairs/threes – August 7-11 and again August 13-18 for up to two and a half hours per person per segment

Participants are paired/or in threes and allocated a coach-mentor who will oversee the practices on Zoom. Timing is coordinated in advance of workshop among participants and coach-mentor according to mutual availability