

**CINERGY® CONFLICT MANAGEMENT COACHING**  
**VIRTUAL TRAINING - CLASSES AND PRACTICE DATES**  
**January 5- 23, 2026**

Times below are in Eastern Time.

**Class 1: Monday January 5 (12:30 p.m.- 3:30 p.m.)**

**Class 2: Tuesday January 6 (12:30 p.m.- 3:30 p.m.)**

**Skills Practices 1 & 2: To be scheduled \*\* January 7-13**

**Class 3: Wednesday January 14 (12:30 p.m.-3:30 p.m.)**

**Skills Practices 3 & 4: To be scheduled \*\*January 15-January 21**

**Class 4: Thursday January 22 (12:30 p.m. – 4:30 p.m.)**

**Class 5: Friday January 23 (12:30 p.m. – 4:30 p.m.)**

**Intersession work – for which participants receive credits – will be assigned throughout the above schedule (30-40 minutes on average)**

**\*\*SKILLS PRACTICE SESSIONS**

**Two and a half hours per person (in pairs/or threes) coaching each other between January 7-13 and two and a half hours per person between January 15-21**

Participants are paired/ or in threes and allocated a coach-mentor who oversees the practices in each time segment. Participants take turns coaching one another in each segment. Prior to the workshop start date timing is coordinated among the coach-mentor and registrants according to your mutual availability during the times indicated.