

## **CINERGY** CONFLICT MANAGEMENT COACHING

## VIRTUAL TRAINING - CLASS AND PRACTICE DATES

## June1st-June 17th, 2026

	Day	Time in Ireland	
Class 1	1 <sup>st</sup> June	10:00 am – 1:00 pm	
Class 2	2 <sup>nd</sup> June	10:00 am – 1:00 pm	
Class 3	3 <sup>rd</sup> June	10:00 am – 1:00 pm	
**Skills Practices			
Class 4	9 <sup>th</sup> June	10:00 am – 1:00 pm	
**Skills Practice			
Class 5	16 <sup>th</sup> June	10:00 am – 1:00 pm	
Class 6	17 <sup>th</sup> June	10:00 am – 1:00 pm	

Intercession work, including reading, worksheets, and videos, will be assigned throughout the above schedule.

**Skills Practice Sessions				
Round 1	2.5 hours per	Done in 2s (or 3s depending on	June 4 <sup>th</sup> – 8 <sup>th</sup>	
	person	class size)		
Round 2	2.5 hours per	Done in 2s (or 3s depending on	June 10 <sup>th</sup> – 15 <sup>th</sup>	
	person	class size)		

Delivered by

Louise Hyland

Accredited CINERGY Trainer/Coach Mentor

louise@innerworks.ie

0863857712

