

CINERGY® CONFLICT MANAGEMENT COACHING
VIRTUAL TRAINING - CLASSES AND PRACTICE DATES
December 1-18, 2026

Times below are in **Eastern Time (Canada)**.

Class 1: Tuesday December 1 (9:30 a.m.- 12:30)

Class 2: Wednesday December 2 (9:30 a.m.- 12:30)

Skills Practices 1 & 2: To be scheduled ** December 3-8

Class 3: Wednesday December 9 (9:30 a.m. – 12:30)

Skills Practices 3 & 4: To be scheduled **December 10-15

Class 4: Wednesday December 16 (9:30 a.m. – 12:30)

Class 5: Thursday December 17 (9:30 a.m. – 12:30)

Class 6: Friday December 18 (9:30 a.m. – 11:30 a.m.)

Intersession work (required and included in the allocated educational credits) is assigned after each class throughout the above schedule (30-40 minutes on average).

****SKILLS PRACTICE SESSIONS**

Two and a half hours per person (in pairs/or threes) coaching one another between December 3-8 and two and a half hours per person between December 10-15

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 by the coach-mentor according to mutual availability during the times indicated.