

COURSE SCHEDULE

Resilience Coaching Training Course

Training to deliver the Resilient Living Programme

June 2024 – September 2024 (UK PM TRAINING)

Session	Learning Format	Duration	Dates & Times (UK Time Zone)	Description
MODULE 1: FOUNDATION				
Launch Webinar: Welcome to Resilimy	Live online	90 mins	Sunday, 9 June (5:00pm – 6:30pm)	Induction, introductions and course overview with Course Leader.
Framework: Level 1A	Self-directed in own time	5 hrs	9 June – 18 June	5 x 1 hr recorded sessions giving a detailed overview of the Resilience Framework.
Framework: Level 1B	Self-assessment of recorded sessions in own time		By Tuesday, 18 June	Participants to complete online self-assessment questions of recorded sessions to ascertain learning progress and issues to explore in following module.
Framework: Level 2	Live online	2 sessions x 2.5 hrs	Wednesday, 19 June (4:30pm – 7:00pm) Sunday, 23 June (4:30pm – 7:00pm)	In-depth exploration of the Resilience Framework, including student questions and reflections.

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MODULE 2: RESILIENT LIVING PROGRAMME				
Programme Training: Part 1	Live online	3 hrs	Wednesday, 3 July (4:00pm – 7:00pm)	Demonstration and work-through of programme. Sessions 1-2
Programme Training: Part 2	Live online	3 hrs	Sunday, 7 July (4:00pm – 7:00pm)	Demonstration and work-through of programme. Sessions 3-4
Programme Training: Part 3	Live online	3 hrs	Wednesday, 10 July (4:00pm – 7:00pm)	Demonstration and work-through of programme. Sessions 5-6
Programme Training: Part 4	Live online	3 hrs	Sunday, 14 July (4:00pm – 7:00pm)	Demonstration and work-through of programme. Sessions 7-8

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MODULE 3: PRACTICAL				
Deepening to Teach	Live online	2 sessions x 3 hrs	Sunday, 21 July (4:00pm – 7:00pm) Sunday, 28 July (4:00pm – 7:00pm)	Deeper understanding of the Resilience Framework to optimise sharing the learning with others.
Best Practice	Self-directed in own time	4 sessions x 30 mins	18 – 27 July	Practical 1-1 coaching guidance and direction on using resources via recordings from faculty.
Practice Client Work	Live coaching with clients in own time	16 hrs (2 x 8 hrs)	28 July – 20 September	Coaching two practice clients through the programme.
Supervision	Live online	3 sessions x 90 mins	Wednesday, 7 August (5:00pm – 6:30pm) Sunday, 1 September (5:00pm – 6:30pm) Sunday, 15 September (5:00pm – 6:30pm)	Supervision of work with practice clients to provide support, guidance and feedback.
Graduation	Live online	90 mins	Sunday, 22 September (5:00pm – 6:30pm)	Closing and receiving your Resilience Coaching Certification.

Please Note:

Dates and times are subject to change at our discretion.
All times are stated in UK Time Zone (GMT).