

The Road ahead of the next cohort

Embarking on a 100-Day Conscious Business Coaching Journey (example of timings)

Self
study on
Kajabi
tool

Conscious Business Embodiment

- Consciousness in business
- BEING level Mindsets
- DOING level Behaviors
- Emotional Mastery

Application Coaching Immersion

- Coaching framework
- Guided coaching practice

Practice with colleagues Real practices & report back

1

Kick-Off
5th
November
3pm – 5pm
CET
Zoom

2

Open Time
CB
19th November
3pm – 4:30 pm
CET
Zoom

3

Workshop
CB Immersion
10th & 11th
December
3pm – 5pm
CET
Zoom

4

Open Time
AC-I
8th January
3pm – 4:30 pm
CET
Zoom

5

Workshop
AC Immersion &
Practice
14th & 21st
January
3pm – 5pm
CET
Zoom

6

Open Time
AC-II
28th January
3pm – 4:30 pm
CET
Zoom

7

Open Time
AC-III
18th February
3pm – 4:30 pm
CET
Zoom

8

Closure &
Celebration
25th
February
3pm – 5pm
CET
Zoom

Group Coaching sessions in small groups (4 participants, 1 Coach/Mentor, 6 x 90 minutes)

Coaching chain as coaching practice: 10 sessions each way

*all timings above are in Central European Time (CET)