

Certification of Embodiment Coaching Course 2024 - Session Schedule

NB: This may be subject to minor changes. You will be able to see the latest information on the learning platform - if there are things to be changed afterwards you'll get notified.

The new week opens on the learning portal each Monday morning at 9am UK time.

Webinars are happening twice on Tuesdays, **9-10am, 6-7pm** and (next morning) **2-3am UK time** for 1h, so you can join during the time that suits you best. For your convenience we created a google calendar that includes all calls - click [HERE](#) to request access to it.

To join each of our core content calls, please bookmark this zoom link:

1st Semester (FEC):

https://us02web.zoom.us/join/tZMlcO2hpjlsHdIX_g4C1n2g9XW-CCgr8guz

The sessions below that are marked with * are core content and essential to attend live, if you aim for successful certification. At the end of each semester you should have watched a session from each Tuesday, so in case you have to miss one make sure you watch the recording on the portal (usually uploaded within 24h after the call finished).

On Thursdays, nearly always at 6pm UK time, you are welcome to join our bonus sessions where you will meet guest teachers, have the chance to get your questions answered, to mingle with other FEC & CEC students etc. The zoom link for these calls is:

1st Semester (FEC):

<https://us02web.zoom.us/join/tZAoc-ytrzwsHNduk5PNIILBR6Sf6eHgsrMW>

1st Semester - Foundations of Embodiment (FEC)

Week 0: Pre-Course Work

29.01.2024, 9am UK time - Course opens on the Learning Platform

Week 1: Opening Week* (note this session is ~1,5h long - best to join the slot that you'll likely be joining throughout the course)

06.02.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 08.02.2024, 6pm UK time - Meet & greet + Q&A with Mark

Week 2: Embodied Learning*

13.02.2024, 9am / 6pm / 2am UK time

Bonus - 15.02.2024, 6pm UK time - Neuroscience of Learning with Daniela Welzel

Week 3: Embodied Awareness*

20.02.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 22.02.2024, 6pm UK time - Experience Meditation with Karin

Week 4: Centring*

27.02.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 29.02.2024, 6pm UK time - Trauma Basics and self-awareness with Mark

Week 5: 4 Elements Model*

05.03.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 07.03.2024, 6pm UK time - Intro to improv with Liz Peters

Week 6: Embodied Toolkit*

12.03.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 14.03.2024, 6pm UK time - open Q&A and Social Hangout with Mark

Week 7: Cycles and Change*

19.03.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 21.03.2024, 6pm UK time - Conscious Dance with Adam Barley

Week 8: Embodied Relating (Leader-Follower)*

26.03.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 28.03.2024, **9am** UK time - Relationships and Boundaries with Christina

Please note, the clocks go forward 1h at 1am UK time on 31st of March, 2024. In case daylight saving is happening earlier/ later where you live, please make sure to use a time converter e.g. [this one](#), or subscribe to the [CEC google calendar](#) (as mentioned in the intro of this doc) so you won't miss a class.

Week 9: 02.04.2024, **6pm UK time only** - Closing of Foundations of Embodiment * (essential for FEC graduates only)

Bonus - 04.04.2024, 6pm UK time - How to pick the right practice with Mark

2nd Semester - Getting into Embodiment Coaching

Week 10: CEC Opening & Ethics in Embodiment Coaching*

09.04.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 11.04.2023, 6pm UK time - Purpose and embodied ethics with Mark

Week 11: Defining the coaching relationship*

16.04.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 18.04.2024, 6pm UK time - Marketing basics with Mark

Week 12: Essential tools for coaches*

23.04.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 25.04.2024, 6pm UK time - Q&A on coaching basics with Alina

Week 13: Frameworks and goal setting*

30.04.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 02.05.2024, 6pm UK time - Q&A on coaching basics with Alina

Week 14: Teaching Awareness Pointing Technique*

07.05.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 09.05.2024, 6pm UK time - Personal Toolkit top-up with Karin to use for your personal practise (highly recommended)

Week 15: Practicing Centring & Awareness Pointing Technique*

14.05.2024, 9am / 6pm / 2am UK time - **1,5h session**

Bonus - Thursday, 11.05.2024, 6pm UK time - open Q&A / social hangout with Mark

Week 16: Teaching 4 Elements Bodystorming in Coaching*

21.05.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 23.05.2024, 6pm UK time - open Q&A / social hangout with Mark

Week 17: Teaching Embodied Toolkit in Coaching*

28.05.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 30.05.2024, 6pm UK time - tba

Week 18: Practicing 4 Elements Bodystorming & Embodied Toolkit in Coaching*

04.06.2024, 9am / 6pm / 2am UK time - **1,5h session**

Bonus - Thursday, 06.06.2024, 6pm UK time - Trauma & Coaching Q&A with Mark

Week 19: Integration and Rest week

11.06.2024, no sessions this week

3rd Semester - Advanced Embodiment Coaching

Week 20: Teaching Leader-Follower in Coaching*

18.06.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 20.06.2024, 6pm UK time **for 1,5h** - Embodiment, Leadership and Resonance with Ginny Whitelaw

Week 21: Teaching Distinction Coaching* [Supervision Week]

25.06.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 27.06.2024, 6pm UK time - Pub-Quiz session with Christina

Week 22: Practicing Leader-Follower & Distinction Coaching*
[Supervision Week] - **1,5h session**

02.07.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 04.07.2024, 6pm UK time - Coaching demos with Mark

Week 23: Cycles, Design & finding the right practice for your client*

09.07.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 11.07.2024, 6pm UK time - open Q&A/ social hangout with Mark

Week 24: Group Coaching Applications*

16.07.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 18.07.2024, 6pm UK time - Connecting with mainstream groups with Mark

Week 25: Principles and creativity in Embodiment Coaching*

23.07.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 25.07.2024, 6pm UK time - Cultural adaptation with Mark

Week 26: Trauma & Self-Care for Coaches*

30.07.2024, 9am / 6pm / 2am UK time

Bonus - Thursday, 01.08.2024, 6pm UK time - open Q&A with Christina

Week 27: Graduation* (note this session is ~1,5h long)
06.08.2024, 9am / 6pm / 2am UK time