

WEEKLY CLASS SCHEDULE – GROUP 8 – FEBRUARY 2022

| MODULE ONE | MODULE TWO | MODULE THREE | MODULE FOUR | MODULE FIVE | MODULE SIX | MODULE SEVEN | MODULE EIGHT |
|-----------------|-------------------|--------------------|---------------------|-------------------------|------------------|----------------------|-------------------|
| Coaching Skills | True-me® method I | True-me® method II | True-me® method III | Practice for excellence | 7 Essential Laws | Personal Empowerment | Business Building |
| February 16 | April 6 | June 1 | June 29 | August 31 | September 28 | November 16 | Dec 14 |
| February 23 | April 13 | June 8 | July 6 | September 7 | October 5 | November 23 | January 11 |
| March 2 | May 4 | June 15 | July 13 | September 14 | October 12 | November 30 | January 18 |
| March 9 | May 11 | June 22 | July 20 | September 21 | October 19 | Dec 7 | January 25 |
| March 16 | May 18 | | | | October 26 | | |
| March 23 | May 25 | | | | November 2 | | |
| March 30 | | | | | November 9 | | |



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| Coaching Skills | True-me® method I | True-me® method II | True-me® method III | Practice for excellence | 7 Essential Laws | Personal Empowerment | Business Building |
| Introduction to program | The Mind's work | Emotions | Needs | ICF Core Competencies | L.O.A. | The Art of Meditation | Marketing Funnel |
| Start from within | The problem | Creating Your Future® | Rules I | Step by Step coaching session & practice | Deliberate Creator | Trust | Offering your Services |
| Your ideal client | The Goal | Releasing Negative Emotions | Rules II | Step by Step coaching session & practice | Allowing | Inner child and Sub-personality | Your Personal Profit Path |
| The role of a True-me® Coach | Beliefs | Releasing Limiting Beliefs | Identity | Step by Step coaching session & practice | Sufficiency & Abundance | Future Visioning | Position yourself as an Expert |
| Starting the coaching journey | Constructing New Beliefs | | | | Pure Potentiality | | |
| Soothing the client | Values & Anti-Values | | | | Detachment | | |
| Acceptance | | | | | Polarity | | |