

VITA™ COACHING

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# Schedule Overview

2023

# Trimester 1

## TOTAL SELF-DISCOVERY OVERVIEW


JAN 9TH - APR 29TH



Every week in Trimester 1 (excluding holiday weeks), you'll receive office hours, live practices and an interactive session. Below you'll find a sample week of calls from Trimester 1, Module 1 so you can see what to expect in each weeks module.


All calls are listed in the Pacific Time Zone. You can use [worldtimebuddy.com](http://worldtimebuddy.com) to view when calls are in your time zone.

MON  
JAN 16




CORY'S  
OFFICE HOURS

6 - 7AM



LEIGH'S  
OFFICE HOURS


11AM - 12PM



MARINA'S  
OFFICE HOURS


3 - 4PM

TUE  
JAN 17



AMANDA'S  
OFFICE HOURS


9 - 10AM



M1 LIVE PRACTICE  
WITH LAYLA


11AM - 12PM

WED  
JAN 18



M1 LIVE PRACTICE  
WITH LEIGH


8 - 9AM



M1 LIVE PRACTICE  
WITH AMANDA

10 - 11AM

THU  
JAN 19



M1 LIVE INTERACTIVE  
SESSION WITH LAYLA

12 - 1:30PM

FRI  
JAN 20

# Trimester 2





## COACHING MASTERY OVERVIEW

MAY 23RD - NOV 5TH



In Trimester 2 (excluding holiday weeks), you'll receive office hours, a live practice, coaching forums and coaching development calls. Below you'll find a sample week of calls from Trimester 2, Module 1 so you can see what to expect in each weeks module. Each module in Trimester 2 is 2 weeks long.

All calls are listed in the Pacific Time Zone. You can use [worldtimebuddy.com](http://worldtimebuddy.com) to view when calls are in your time zone.

<p>MON AUG 28</p>	<p>TUE AUG 29</p>	<p>WED AUG 30</p>	<p>THU AUG 31</p>	<p>FRI SEP 1</p>
<div data-bbox="10 716 407 854">  <p>AMANDA'S OFFICE HOURS</p> <p>9 - 10AM</p> </div> <div data-bbox="10 878 407 1016">  <p>LEIGH'S OFFICE HOURS</p> <p>11AM - 12PM</p> </div>	<div data-bbox="428 716 827 854">  <p>M7 LIVE PRACTICE WITH AMANDA</p> <p>4 - 5PM</p> </div>	<div data-bbox="848 716 1247 854">  <p>M7 COACHING FORUM WITH CORY</p> <p>6 - 7:30AM</p> </div> <div data-bbox="848 1247 1247 1385">  <p>LEIGH'S OFFICE HOURS</p> <p>10 - 11:30AM</p> </div>	<div data-bbox="1268 716 1667 854">  <p>M7 COACHING DEVELOPMENT CALL WITH LAYLA</p> <p>11AM - 12:30PM</p> </div> <div data-bbox="1268 1247 1667 1385">  <p>M7 COACHING DEVELOPMENT WITH AMANDA</p> <p>5 - 6:30PM</p> </div>	<p>FRI SEP 8</p>
<p>MON SEP 4</p>	<p>TUE SEP 5</p>	<p>WED SEP 6</p>	<p>THU SEP 7</p>	<p>FRI SEP 8</p>
<div data-bbox="10 1247 407 1385">  <p>CORY'S OFFICE HOURS</p> <p>6 - 7AM</p> </div> <div data-bbox="10 1409 407 1547">  <p>MARINA'S OFFICE HOURS</p> <p>4 - 5PM</p> </div>				

# Trimester 3


## BUSINESS BOOTCAMP OVERVIEW

NOV 6TH - DEC 12TH



Every week in Trimester 3 (excluding holiday weeks), you'll receive general office hours, a live breathwork practice, and a business interactive session. Below you'll find a sample week of calls from Trimester 3, Module 1 so you can see what to expect in each weeks module.

MON  
NOV 13



CORY'S  
OFFICE HOURS

6 - 7AM




MARINA'S  
OFFICE HOURS

4 - 5PM

TUE  
NOV 14

WED  
NOV 15



M2 LIVE  
BREATHWORK PRACTICE  
WITH AMANDA

4 - 5PM


THU  
NOV 16



BUSINESS INTERACTIVE  
SESSION WITH CORY

11AM - 12:30PM

FRI  
NOV 17



BUSINESS INTERACTIVE  
SESSION WITH LAYLA

5 - 6:30PM

Please note, all dates and times are subject to change.

Upon sign up, you'll receive the full course calendar to plan your year well in advance!

# Call Descriptions



## Trimester 1

### OFFICE HOURS (OPTIONAL)

Additional support calls in smaller group sessions with the Senior VITA™ teachers to get the coaching reflection and support you need

### LIVE PRACTICES (OPTIONAL)

Join these group practice sessions each week to receive live guidance and support  
Interactive Sessions (1-hour per week live or recorded attendance required)  
In-depth group coaching weekly to get to learn and experience the coaching process live

### WORKSHOPS (REQUIRED)

Receive 2-hour deep dives into topics like trauma integration, pelvic floor health, DEI, and more.



## Trimester 2

### OFFICE HOURS (OPTIONAL)

Additional support calls in smaller group sessions with the Senior VITA™ teachers to get the coaching reflection and support you need

### COACHING FORUMS (1-HOUR PER WEEK LIVE OR RECORDED ATTENDANCE REQUIRED)

Receive additional practice specifically on the essential coaching foundations on live calls to truly uplevel each critical skill you'll need

### COACHING DEVELOPMENT CALL (1-HOUR PER WEEK LIVE OR RECORDED ATTENDANCE REQUIRED)

Weekly in-depth group coaching development to receive guidance on your coaching skills and support calls in smaller group sessions to get the coaching reflection and support you need

### WORKSHOPS (REQUIRED)

Receive 2-hour deep dives into topics like trauma integration, pelvic floor health, DEI, and more.



## Trimester 3

### OFFICE HOURS (OPTIONAL)

Additional support calls in smaller group sessions with the Senior VITA™ teachers to get the coaching reflection and support you need

### BUSINESS INTERACTIVE/COACHING DEVELOPMENT SESSION (1-HOUR PER WEEK LIVE OR RECORDED ATTENDANCE REQUIRED)

Get personalized reflection and coaching on your website, business plan, branding, and copy as you develop your coaching business

### WORKSHOPS (REQUIRED)

Receive 2-hour deep dives into topics like social media, copywriting and more

# Weekly Hours Breakdown

**Please note:** the hours estimate is based on graduating at the end of the live course year.  
You have 2 years to fully complete the course.

## Trimester 1

15-18 hours per week

- Live calls
- Watch lecture overview
- Watch practice overview
- Complete practice x3
- Watch meditation overview
- Complete meditation x3
- Watch live or recorded Interactive Session
- Complete reading (normally 3-6 chapters)
- Complete playbook (optional)

## Trimester 2

15-18 hours per week

- Live calls
- Watch lecture overview(s)
- Watch practice overview(s)
- Complete practice x3
- Watch meditation overview
- Complete meditation x3
- Watch live or recorded Coaching Development Call  
+ log notes in Coaching Log
- Watch live or recorded Coaching Forum
- Complete reading (normally 3-6 chapters)
- Complete practicum x2

## Trimester 3

12-15 hours per week

- Live calls
- Watch lecture overview(s)
- Watch practice overview(s)
- Complete practice x3
- Watch live or recorded Business Interactive Session

## Workshops

8-10 in the year

- Watch live or recorded workshops + log notes

# Module Requirements for Graduation

	REQUIRED	OPTIONAL
<b>TRIMESTER ONE</b>	<p><b>For each module:</b></p> <ul style="list-style-type: none"> <li>• Intro + Practice Videos</li> <li>• Practice + Meditations               <ul style="list-style-type: none"> <li>• Playbook</li> </ul> </li> <li>• Interactive Session - live or recorded</li> </ul> <p><b>For the Trimesters:</b></p> <ul style="list-style-type: none"> <li>• All workshops + notes in Thinkific</li> <li>• Required reading</li> </ul>	<ul style="list-style-type: none"> <li>• Facebook Group</li> <li>• Crown Collective Call</li> <li>• Live Practice Group Calls               <ul style="list-style-type: none"> <li>• Costa Rica Retreat</li> </ul> </li> <li>• Office Hours with VITA™ Teacher</li> </ul>
<b>TRIMESTER TWO</b>	<p><b>For each module:</b></p> <ul style="list-style-type: none"> <li>• Lecture + Practice Videos</li> <li>• Self-Practices + Meditations               <ul style="list-style-type: none"> <li>• Playbook</li> </ul> </li> <li>• One Coaching Development Call + notes in the Coaching Log</li> </ul> <p>• Two Coaching Practicum + notes in Coaching Log</p> <p>• One Coaching Forum Call</p> <p><b>For the Trimester:</b></p> <ul style="list-style-type: none"> <li>• All workshops + notes in Thinkific               <ul style="list-style-type: none"> <li>• Required reading</li> <li>• 30 total audios</li> <li>• 3 total videos</li> </ul> </li> <li>• 35 hours total of practice client sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Facebook Group</li> <li>• Crown Collective Call</li> <li>• Office Hours with VITA™ Teacher</li> </ul>
<b>TRIMESTER THREE</b> All Students Regardless if Pursuing a Major	<ul style="list-style-type: none"> <li>• Coaching Development Calls (for all students regardless of whether you choose to complete a major) + notes in the Coaching Log               <ul style="list-style-type: none"> <li>• Any Workshops</li> </ul> </li> <li>• All workshops + notes in Thinkific</li> </ul>	<ul style="list-style-type: none"> <li>• Facebook Group</li> </ul>
<b>TRIMESTER THREE</b> Additional Requirements if Pursuing a Major	<p><b>For each major:</b></p> <ul style="list-style-type: none"> <li>• All Videos</li> <li>• All Self-Practices</li> <li>• Any fillable PDF's in your major</li> </ul> <p>• All coaching Practicum sand/or practice sessions (depending on your major)</p> <ul style="list-style-type: none"> <li>• Required reading</li> </ul>	<ul style="list-style-type: none"> <li>• Major-specific live calls</li> </ul>

# VITA™ Coaching 2023 Holidays

**Please note:** holiday weeks are in pink, the potential retreat dates are in green. All are subject to change.

## JAN - TRIMESTER 1

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEB - TRIMESTER 1

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MAR - TRIMESTER 1

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## APR - TRIMESTER 1

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## MAY - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JUN - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## JUL - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## AUG - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## SEP - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## OCT - TRIMESTER 2

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## NOV - TRIMESTER 3

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DEC - TRIMESTER 3

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						