

Course Schedule and Events

Note: All times are in US Eastern Time (EST)

WEEK 1

MONDAY SEPTEMBER 28TH
Course begins and Intro Section opens

TUESDAY SEPTEMBER 29TH
Orientation 1: Emotional Fitness

WEDNESDAY SEPTEMBER 30TH
Orientation 2: The Laws of Emotional Intelligence
Welcome Call at 4:00 pm EST (Zoom)

THURSDAY OCTOBER 1ST
Orientation 3: The Power of Self-Talk

FRIDAY OCTOBER 2ND
Orientation 4: Assertiveness and Relationships

WEEK 2

MONDAY OCTOBER 5TH
Lesson 1 opens

TUESDAY OCTOBER 6TH
Exercise 1 opens

WEDNESDAY OCTOBER 7TH
Lesson 2 opens

THURSDAY OCTOBER 8TH
Lesson 3 opens

FRIDAY OCTOBER 9TH
Weekly Live Session 1 at 10:00 am EST (Zoom)

WEEK 3

MONDAY OCTOBER 12TH
Lesson 4 opens

TUESDAY OCTOBER 13TH
Exercise 2 opens

WEDNESDAY OCTOBER 14TH
Lesson 5 opens

THURSDAY OCTOBER 15TH
Lesson 6 opens

FRIDAY OCTOBER 16TH
Weekly Live Session 2 at 10:00 am EST (Zoom)

WEEK 4

MONDAY OCTOBER 19TH
Lesson 7 opens

TUESDAY OCTOBER 20TH
Exercise 3 opens

WEDNESDAY OCTOBER 21ST
Lesson 8 opens

THURSDAY OCTOBER 22ND
Lesson 9 opens

FRIDAY OCTOBER 23RD
Weekly Live Session 3 at 10:00 am EST (Zoom)

WEEK 5

MONDAY OCTOBER 26TH
Advanced Training Seminar 1 at 10:00 am EST (Zoom)

TUESDAY OCTOBER 27TH
Advanced Training Seminar 2 at 10:00 am EST (Zoom)

WEDNESDAY OCTOBER 28TH
Advanced Training Seminar 3 at 10:00 am EST (Zoom)

THURSDAY OCTOBER 29TH
Advanced Training Seminar 4 at 10:00 am EST (Zoom)

FRIDAY OCTOBER 30TH
Advanced Training Seminar 1 at 10:00 am EST (Zoom)