

Self-Belief Coaching Academy

CLASS OF 2026 TIMETABLE



OCT 2026 - JAN 2027

5 Oct WEEK COMMENCING	Welcome Week TUE 6 OCT 7-9pm	
12 Oct WEEK COMMENCING	1. What is Self-doubt? TUE 13 OCT 7-9pm	
19 Oct WEEK COMMENCING	2. Self-doubt & Developmental Psychology TUE 20 OCT 7-9pm	
26 Oct WEEK COMMENCING	3. Trauma-informed Coaching TUE 27 OCT 7-9pm	
2 Nov WEEK COMMENCING	Integration Week NO CALLS	
9 Nov WEEK COMMENCING	4. Root Causes of Self-doubt TUE 10 NOV 7-9pm	Study Group THU 12 NOV 7-8pm
16 Nov WEEK COMMENCING	4. Root Causes of Self-doubt TUE 17 NOV 7-9pm	Study Group THU 19 NOV 7-8pm
23 Nov WEEK COMMENCING	Integration Week NO CALLS	
30 Nov WEEK COMMENCING	5. Coaching Beyond the Client's Story TUE 1 DEC 7-9pm	Study Group THU 3 DEC 7-8pm
7 Dec WEEK COMMENCING	5. Coaching Beyond the Client's Story TUE 8 DEC 7-9pm	Study Group THU 10 DEC 7-8pm
14 Dec WEEK COMMENCING	Integration Week NO CALLS	
21 Dec WEEK COMMENCING	HOLIDAY	No class or Study Group
28 Dec WEEK COMMENCING	HOLIDAY	No class or Study Group
4 Jan WEEK COMMENCING	HOLIDAY	No class or Study Group
11 Jan WEEK COMMENCING	6. Coaching the Protector TUE 12 JAN 7-9pm	Study Group THU 14 JAN 7-8pm

JAN - APR 2027

18 Jan WEEK COMMENCING	6. Coaching the Protector TUE 19 JAN 7-9pm	Study Group THU 21 JAN 7-8pm
25 Jan WEEK COMMENCING	Integration Week NO CALLS	
1 Feb WEEK COMMENCING	7. Your Self-doubt TUE 2 FEB 7-9pm	Study Group THU 4 FEB 7-8pm
8 Feb WEEK COMMENCING	7. Your Self-doubt TUE 9 FEB 7-9pm	Study Group THU 11 FEB 7-8pm
15 Feb WEEK COMMENCING	Integration Week NO CALLS	
22 Feb WEEK COMMENCING	8. The Self-belief Compass TUE 23 FEB 7-9pm	Study Group THU 25 FEB 7-8pm
1 Mar WEEK COMMENCING	8. The Self-belief Compass TUE 2 MAR 7-9pm	Study Group THU 4 MAR 7-8pm
8 Mar WEEK COMMENCING	Integration Week NO CALLS	
15 Mar WEEK COMMENCING	8. The Self-belief Compass TUE 16 MAR 7-9pm	Study Group THU 18 MAR 7-8pm
22 Mar WEEK COMMENCING	8. The Self-belief Compass TUE 23 MAR 7-9pm	Study Group THU 25 MAR 7-8pm
29 Mar WEEK COMMENCING	Integration Week NO CALLS	
5 Apr WEEK COMMENCING	9. Coaching Dreams + Goals TUE 6 APR 7-9pm	Study Group THU 8 APR 7-8pm
12 Apr WEEK COMMENCING	9. Coaching Dreams + Goals TUE 13 APR 7-9pm	Study Group THU 15 APR 7-8pm
19 Apr WEEK COMMENCING	Certification Workshop TUE 20 APR 7-9pm	
26 Apr WEEK COMMENCING	Closing Circle TUE 27 APR 7-9pm	

● Class week ● Integration week ● Programme milestone ● Holiday

ALL TIMES UK | CLASS: TUESDAYS 7-9pm | STUDY GROUP: THURSDAYS 7-8pm