

## Burnout Coaching Certification

# Course Schedule

October 28, 2025 - April 15, 2026

**Note:** Practicum & Mastermind sessions are not recorded. Graduation requires attending **at least 4 of 5 Practicum** and **3 out of 4 Mastermind sessions live**.

Burnout Coaching Essentials

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Burnout Coaching Certification

In Eastern/New York time (ET)

Session	Date	Time	Duration
Module 1: Foundations of Burnout	Tue, October 28, 2025	11:00 AM ET	120 min
Module 2: Physical Energy: Harmonizing Nutrition, Sleep, Energy and Movement	Tue, November 4, 2025	11:00 AM ET	90 min
Practicum #1	Tue, November 11, 2025	11:00 AM or 6:00 PM ET	90 min
Module 3: Mental Energy: Transforming Outdated Thought Patterns and Expanding Perspective	Tue, November 18, 2025	11:00 AM ET	90 min
Practicum #2	Tue, November 25, 2025	11:00 AM or 6:00 PM ET	90 min
Module 4: Emotional Energy: Demystifying the Heart's Data	Tue, December 2, 2025	11:00 AM ET	90 min
Practicum #3	Tue, December 9, 2025	11:00 AM or 6:00 PM ET	90 min
Module 5: Social Energy: Navigating Relationships and Boundaries	Tue, January 13, 2026	11:00 AM ET	90 min
Practicum #4	Tue, January 20, 2025	11:00 AM or 6:00 PM ET	90 min
Module 6: Spiritual Energy: Cultivating Higher Purpose and Self-Trust	Tue, January 27, 2026	11:00 AM ET	90 min
Module 7: Bridging Health and Performance	Tue, February 3, 2026	11:00 AM ET	90 min
Practicum #5	Tue, February 10, 2026	11:00 AM or 6:00 PM ET	90 min
Module 8: Closing Integration and Alignment	Tue, February 17, 2026	11:00 AM ET	120 min
Deep Dive Session #1	Tue, March 3, 2026 or Wed, March 4, 2026	11:00 AM ET or 6:00 PM ET	120 min
Mastermind Session #1	Tue, March 10, 2026	11:00 AM or 6:00 PM ET	120 min
Mastermind Session #2	Tue, March 17, 2026	11:00 AM or 6:00 PM ET	120 min
Deep Dive Session #2	Tue, March 24, 2026 or Wed, March 25, 2026	11:00 AM ET or 6:00 PM ET	120 min
Mastermind Session #3	Tue, March 31, 2026	11:00 AM or 6:00 PM ET	120 min
Mastermind Session #4	Tue, April 7, 2026	11:00 AM or 6:00 PM ET	120 min
Deep Dive Session #3	Tue, April 14, 2026 or Wed, April 15, 2026	11:00 AM ET or 6:00 PM ET	120 min