

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27th September	28th September	29th September	30th September	1st October
	LESSON 1 Courageous Connection 60 minutes 12:15pm		LESSON 2 Courageous Foundations 60 minutes 12:15pm	
4th October	5th October	6th October	7th October	8th October
BONUS Courageous Yoga 45 minutes 7:15pm			LESSON 3 Fear Through A Different Lens 60 minutes 5:15pm	
11th October	12th October	13th October	14th October	15th October
	BONUS Coaching Hotseat 45 minutes 12:15pm		LESSON 4 The Practice Of Getting Comfortable With Discomfort 60 minutes 12:15pm	
18th October	19th October	20th October	21st October	22nd October
			LESSON 5 Finding Your Courageous Voice 60 minutes 5:15pm	
25th October	26th October	27th October	28th October	29th October
BONUS Expert Engagement 45 minutes 12:15pm			LESSON 6 Permission To Fail 60 minutes 12:15pm	
1st November	2nd November	3rd November	4th November	5th November
	BONUS Coaching Hotseat 45 minutes 12:15pm		LESSON 7 Fear(less) You 60 minutes 5:15pm	
8th November	9th November	10th November	11th November	12th November
			LESSON 8 Rejection Therapy 60 minutes 12:15pm	
15th November	16th November	17th November	18th November	19th November
			LESSON 9 Courageous Commitment 60 minutes 12:15pm	