



Truce with Food For Life

2026-27 SCHEDULE

Days/Times (except where noted):

Wednesdays from 12 - 1:30 pm EDT/EST (Alumni + Certification track)

🌀 Thursdays from 12 - 1:30 pm EDT/EST (Certification track)

Everything is recorded, so if you can't make it live, you can catch the replays.

Summer Bridge Sessions

July 22 (12-2): The Heroine's Journey: Making This Archetypal Journey Practical

August 26 (12-2): Holistic Weight (Fat) Loss Foundations: Physical, Emotional, and Psycho-somatic

September 16: Opening Circle

September 30: Module 1 Teaching: Effective Goal Setting

October 14: Module 1 Coaching + Integration

🌀 October 22: Mentoring: Applying this to the coach-client relationship

Week of October 26: TBD: Trauma Informed Coaching with Sas Petherick

November 11: Foundations + Q&A

November 24 (Tuesday due to holiday): Foundations + Q&A

🌀 November 19: Mentoring: Applying this to the coach-client relationship

December 9: Module 2: Good Girl Gridlock Exercise + Coaching

December 22 (Tuesday due to holiday): Module 2 Teaching + Integration

🌀 December 17: Mentoring: Applying this to the coach-client relationship

January 13: Module 3 Exercise + Coaching

January 27: Module 3 Teaching + Integration

🌀 January 21: Mentoring: Applying this to the coach-client relationship

February 10: Module 4 Exercise + Coaching

February 24: Module 4 Teaching + Integration

🌀 February 18: Mentoring: Applying this to the coach-client relationship

March 10: Module 5 Exercise + Coaching

March 24: Module 5 Teaching + Integration

🌀 March 18: Mentoring: Applying this to the coach-client relationship

April 7: Module 6 Exercise + Coaching

April 21: Module 6 Teaching + Integration

🌀 April 22: Mentoring: Applying this to the coach-client relationship

May 5: Module 7 Exercise + Coaching

May 19: Module 7 Teaching + Integration

🌀 May 20: Mentoring: Applying this to the coach-client relationship

June 2: Integration

June 16: Integration

June 23: Closing Circle