Building Self-Awareness Program

Public Class Intake – November 2026

Date & Time	Module/Topic	Location
North America **Tuesday November 24, 2026** 8:30 AM – 12:00 PM MBT** **Thursday November 26, 2026** 8:30 AM – 12:00 PM MBT**	Part One **Building Self-Awareness** Part Two **Driving Forces of Behaviour**	Virtual – Zoom link to be provided
UK and EMEA **Tuesday November 24, 2026** 1:30 PM – 5:00 PM GMT **Thursday November 26, 2026** 1:30 PM – 5:00 PM GMT	Part One **Building Self-Awareness** Part Two **Driving Forces of Behaviour**	Virtual – Zoom link to be provided
Coaching for Action Planning and Success	Part Three **Please book these independently with your faculty**	Virtual – Zoom link to be provided

**Note: Manitoba's new official year-round time zone is MBT (UTC-5) as of November 1, 2026.

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