



Schedule
October 17 – December 15, 2026
All times are Eastern

Date	Day	Time	Session	Description
10/17	Sat	1:00pm – 2:00pm	Kickoff	Welcome and Introduction to Shift It in Sixty
		2:00pm – 3:00pm	CHPC — Focal Points & Habits	Exploring the focus, habits and choices shaping your life and progress.
		3:00pm – 4:00pm	CHPC — Clarity	Sharpening clarity about who you are, what matters and how you want to show up.
		4:00pm – 5:00pm	Your Sixty	Creating vision, structure and foundation for your Sixty.
10/19	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
10/20	Tues	6:30pm – 8:30pm	See It. Plan It. Shift It.	Turning vision into focused, measurable action.
10/21	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
10/22	Thurs	6:30pm – 7:30pm	CHPC — Energy	Building the energy, vibrancy and stamina to support the life you want to live.
		7:30pm – 8:30pm	CHPC — Courage	Growing confidence, courage and momentum to step up and move forward.



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Date	Day	Time	Session	Description
10/24	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
10/26	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
10/27	Tues	6:30pm – 8:30pm	Feel the Fear and Persevere	Moving forward through fear, resistance and uncertainty.
10/28	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
10/29	Thurs	6:30pm – 7:30pm	CHPC — Productivity	Becoming more focused, effective and intentional about what gets your time and attention.
		7:30pm – 8:30pm	CHPC — Influence	Strengthening your ability to positively influence the people and relationships that matter.
10/31	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/02	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.



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11/03	Tues	6:30pm – 8:30pm	Make It a Great Day	Creating daily practices for mindset, energy and possibility.
11/04	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/05	Thurs	6:30pm – 7:30pm	CHPC — Psychology Mastery	Developing a more consciously directed, positive and empowering mindset.
		7:30pm – 8:30pm	CHPC — Physiology Mastery	Using your physical presence and daily practices to strengthen energy and vibrancy.
11/07	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/09	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/10	Tues	6:30pm – 8:30pm	Practice Everyday Excellence	Bringing intention, integrity and excellence to all that you do.
11/11	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.



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Date	Day	Time	Session	Description
11/12	Thurs	6:30pm – 8:30pm	CHPC — Productivity Mastery	Increasing productivity by aligning focus, resources and action with what matters most.
11/14	Sat	1:00pm – 5:00pm	Magic in the Middle	Discovering the often-overlooked possibility, progress and magic on the journey from where you are to where you want to be.
11/16	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/17	Tues	6:30pm – 8:30pm	Build Your A Team	Identifying people, partnerships and resources that help you go farther...faster.
11/18	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/19	Thurs	6:30pm – 8:30pm	CHPC — Persuasion Mastery	Developing greater skill and intention in gaining support, creating change and influencing others.
11/21	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.



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11/23	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/24	Tues	6:30pm – 8:30pm	Focus & Finish	Simplifying priorities and focusing on what matters most down the stretch.
11/25	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/26	Thurs	-	Thanksgiving	Holiday
11/28	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
11/30	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
12/01	Tues	6:30pm – 8:30pm	No Time Like the Present	Cultivating presence, mindfulness and greater awareness even with a busy schedule.
12/02	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.



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Date	Day	Time	Session	Description
12/03	Thurs	6:30pm – 8:30pm	CHPC — Purpose Mastery	Deepening your connection to purpose and bringing it more fully into how you live and lead.
12/05	Sat	1:00pm – 4:00pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
12/07	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
12/08	Tues	6:30pm – 8:30pm	The Rest of Your Life	Embracing continuous growth, possibility and life beyond Day 60.
12/09	Wed	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.
12/10	Thurs	6:30pm – 8:30pm	CHPC — Commitment to High Performance	Reflecting on your progress and strengthening the commitments you want to carry forward.
12/12	Sat	1:00pm – 5:00pm	Integrate & Celebrate	Reflecting, connecting and celebrating the Sixty experience.
12/14	Mon	6:30pm – 9:30pm	Office Hours & Study Hall	First hour Q&A and remainder for independent work.



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12/15	Tues	6:30pm – 8:30pm	Onward & Upward	Looking back, gathering the lessons and moving toward what's next.

Session Times are Listed as Eastern Time

Office Hours + Study Hall: Flexible work/support blocks. Come for all or part of a session that is useful to you and your Sixty.

Threshold Thursdays: Beginning 11/12, we'll shift to one CHPC session, allowing more time for deeper exploration and group sharing.