

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
FOR THE REMAINDER OF 2023				
SleepTalk® Consultants Course	Sat 11th, Sun 12th, Sat 18th, Sun 19th Nov	10 am – 2.30 pm AEDT	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/
Q & A Mentor Session	Wed 8th Nov	8 pm - 9 pm AEDT	No charge	https://us02web.zoom.us/j/81185318529
SleepTalk® Foundation Course	Sat 11th Nov	10 am - 2.30 pm AEDT	\$297	https://thesleeptalkprocess.com/professional-training/
"Ignite Your Speakers Journey" Workshop	Sat 25th Nov	09 am - 1.00 pm AEDT	\$250	https://thesleeptalkprocess.com/specialist-speaker-w
Professional Happy Hour	Fri 24th Nov	08.30 am - 09.30 am AEDT	No Charge	https://us02web.zoom.us/j/89850530419 Meeting ID: 898 5053 0419
Jan 2024				
SleepTalk@ Professionals Lounge	Wed 31st Jan	8 am- 9 am AEDT	No charge	Registration is required https://us02web.zoom.us/meeting/register/tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo
Feb 2024				
SleepTalk® Consultants Course	Sat 17th, Sun 18th, Sat 24th, Sun 25th Nov	8 am – 12.30 pm AEDT	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
SleepTalk® Foundation Course	Sat 17th Feb	8 am – 12.30 pm AEDT	\$297	https://thesleeptalkprocess.com/professional-training/
SleepTalk@ Professionals Lounge	Wed 28th Feb	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/join/9tZ01-fuqorTotHdW2C_o_W86C751lnynaiTzo
March 2024				
SleepTalk® Express Consultants Course	Thurs 7th March to 2nd May	8.30 pm – 10 pm AEDT	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/
Express Foundation Coach Course	Thurs 7th March to 21st March	8.30 pm – 10 pm AEDT	\$297	https://thesleeptalkprocess.com/professional-training/
"Ignite Your Speakers Journey" Workshop	Sat 16th March	8 am – 12 pm AEDT	\$250	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/
Associate Trainers Course	Sun 3rd March, Sun 10th March, Sun 17th March and Sun 24th March	7 am – 12.30 pm AEDT	\$1999	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/
SleepTalk@ Professionals Lounge	Wed 27th March	8 am - 9 am AEDT	No charge	Registration is required https://us02web.zoom.us/join/9tZ01-fuqorTotHdW2C_o_W86C751lnynaiTzo
April 2024				

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
"Elevate Your Professional Speaking" Course (Lvl 2 - Lead Trainers)	Fri 12th, Sat 13th & Sun 14th April	Port Macquarie, Australia 8 am - 5 pm AEST	\$1999	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/
SleepTalk@ Professionals Lounge	Wed 24th April	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/join/9tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo
May 2024				
SleepTalk@ Professionals Lounge	Wed 29th May	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/join/9tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo
June 2024				
SleepTalk® Express Consultants Course	Thus 6th June to 1st Aug	8.30 pm – 10.00 pm AEST	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/
Express Foundation Coach	Thurs 6th June to 20th June	8.30 pm – 10.00 pm AEST	\$297	https://thesleeptalkprocess.com/professional-training/
"Ignite Your Speakers Journey" Workshop	Sat 15th June	8 pm – 12 am AEST	\$250	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/
SleepTalk@ Professionals Lounge	Wed 26th June	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/join/9tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
July 2024				
SleepTalk® Associate Trainers Course	Sat 6th July, Sun 7th July, Sat13th July, Sun 14th July	07 am – 12.30 pm AEST	\$1999	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/
SleepTalk@ Professionals Lounge	Wed 31st July	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/meeting/register/tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo
Aug 2024				
"Elevate your Professional Speaking" Course (Lvl 2 Lead Trainers)	Fri 23rd, Sat 24th & Sun 25th Aug	Hoi An. Vietnam (8 am – 5 pm)	\$1999	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/
SleepTalk@ Professionals Lounge	Wed 28th Aug	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/meeting/register/tZ0l-fuqorTotHdW2C_o_W86C751lnynaiTzo
Sept 2024				
Foundation Coach Course	Sat 7th Sept 2024.	8 am – 12.30 pm AEST	\$297	https://thesleeptalkprocess.com/professional-training/
SleepTalk® Consultants Course	Sat 7th, Sun 08th, Sat 14th & Sun 15th Sep	8 am – 12.30 pm AEST	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/
"Ignite Your Speakers Journey" Workshop	Sat 21st Sept	8 am – 12 pm AEST	\$250	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
"Elevate your Professional Speaking" Course (Lvl 2 - Lead Trainers)	Fri 27th, Sat 28th Sat & Sun 29th Sep.	London UK 8 am – 5 pm GMT	\$1999	https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/
SleepTalk@ Professionals Lounge	Wed 25th Sep	8 am - 9 am AEST	No charge	Registration is required https://us02web.zoom.us/join/9tZ01-fuqorTotHdW2C_o_W86C751lnynaiTzo
Oct 2024				
Express Foundation Coach	Thurs 3rd Oct to 17th Oct	8.30pm – 10.00pm AEDT	\$297	https://thesleeptalkprocess.com/professional-training/
SleepTalk® Express Consultants Course	Thurs 3rd Oct to 28th November	8.30pm – 10.00pm AEDT	\$1499	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/
SleepTalk@ Professionals Lounge	Wed 30th Oct	8am - 9 am AEDT	No charge	Registration is required https://us02web.zoom.us/join/9tZ01-fuqorTotHdW2C_o_W86C751lnynaiTzo
Nov 2024				
Sleeptalk Associate Trainers Course	Sat 2nd, Sun 3rd, Sat 9th, Sun10th Nov	07am – 12.30pm AEDT	\$1999	https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/
SleepTalk@ Professionals Lounge	Wed 27 Nov	8am- 09am AEDT	No charge	Registration is required https://us02web.zoom.us/join/9tZ01-fuqorTotHdW2C_o_W86C751lnynaiTzo

At a Quick Glance - THE GOULDING INSTITUTE'S Calendar for 2024

Courses	Dates	Time (Time Zones)	Cost (USD)	Links
Dec 2024				
SleepTalk® Christmas Celebrations	21st Dec	8pm - 9pm	No Charge	TBA



(Times can change depending on participants' differing time zones and requirements)

AEDT stands for "Australian Eastern Daylight Time." It is the time zone used during the daylight saving time period in the eastern part of Australia. AEDT is UTC+11:00, which means it is 11 hours ahead of Coordinated Universal Time (UTC). This time zone is typically observed from the first Sunday in October and ends on the first Sunday in April.

When daylight saving time is not in effect, the standard time in this region is Australian Eastern Standard Time (AEST), which is UTC+10:00. Please note that the time differences may vary slightly during daylight saving time transitions in some regions, so it's a good practice to check for any changes or updates if you need precise and up-to-date information.

The time differences between **AEDT** (Australian Eastern Daylight Time) and the mentioned time zones:

- AEDT (UTC+11) - GMT (UTC+0) = 11 hours ahead of GMT.
- AEDT (UTC+11) - IST (UTC+5:30) = 5 hours and 30 minutes ahead of IST.
- AEDT (UTC+11) - HKT (UTC+8) = 3 hours ahead of HKT.
- AEDT (UTC+11) - AEST (UTC+10) = AEDT and AEST are the same during daylight saving time.
- AEDT (UTC+11) - EST (UTC-5) = 16 hours ahead of EST.
- AEDT (UTC+11) - CST (UTC-6) = 17 hours ahead of CST.
- AEDT (UTC+11) - MST (UTC-7) = 18 hours ahead of MST.
- AEDT (UTC+11) - PST (UTC-8) = 19 hours ahead of PST.

AEST (Australian Eastern Standard Time) and the mentioned time zones:

- AEST (UTC+10) - GMT (UTC+0) = 10 hours ahead of GMT.
- AEST (UTC+10) - IST (UTC+5:30) = 4 hours and 30 minutes ahead of IST.
- AEST (UTC+10) - HKT (UTC+8) = 2 hours ahead of HKT.

- AEST (UTC+10) - AEDT (UTC+11) = AEDT and AEST are the same during daylight saving time.
- AEST (UTC+10) - EST (UTC-5) = 15 hours ahead of EST.
- AEST (UTC+10) - CST (UTC-6) = 16 hours ahead of CST.
- AEST (UTC+10) - MST (UTC-7) = 17 hours ahead of MST.
- AEST (UTC+10) - PST (UTC-8) = 18 hours ahead of PST.