

THE SleepTalk Institute's Schedule of Courses Calendar 2025. V4/2025

| Courses | Dates | Time (Time Zones) | Cost (USD) | Links |
|---------|-------|-------------------|------------|-------|
|---------|-------|-------------------|------------|-------|

*** Please note - times may change due to demand

Jan 2025

| | | | | |
|---|--|---|--------|---|
| *SleepTalk® Consultants Course | Sat 11th, Sun 12th, Sat 18th, Sun 19th Jan | 8 am – 12.30 pm AEDT | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Foundation Course | Sat 11th Jan | 8 am – 12.30 pm AEDT | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| Brisbane Refresher/ Sleeptalk Symposium | Sat 25th Jan | Brisbane - Australia 12noon - 5pm AEDT | \$199 | Venue TBA |

Feb 2025

| | | | | |
|--|-------------------------------------|----------------------|--------|---|
| *SleepTalk® Consultants Course | Sat 1st, Sun 2nd, Sat 8th, Sun 9th | 8 pm – 12.30 am AEDT | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Foundation Course | Sat 1st Feb | 8 pm – 12.30 pm AEDT | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| *SleepTalk® Express Consultants Course | Thurs Evenings 6th Feb to 3rd April | 8.30 pm – 10 pm AEDT | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *Express Foundation Coach Course | Thurs Evening 6th Feb to 20th Feb | 8.30 pm – 10 pm AEDT | \$297 | https://thesleeptalkprocess.com/professional-training/ |

March 2025

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| Courses | Dates | Time (Time Zones) | Cost (USD) | Links |
|---|---------------------------------------|--|------------|---|
| *"IgniteYour Speakers Journey"Workshop | Sat 1st March | 8 am – 12 pm AEDT | \$250 | https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/ |
| *Associate Trainers Course | Sat 8th, Sun 9th, Sat 15th, Sun 16th | 8 am – 12.30 pm AEDT | \$1999 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/ |
| "Live" Sydney Refresher & Sleep-Talk® Symposium | Sun 2nd March | Penrith -Sydney 8 am - 12.00 app AEDT | \$199 | More details TBA |
| *SleepTalk® Consultants Course | Sat 22nd, Sun 23rd, 29th & 30th March | 9.00pm – 1.00 am AEST IDEal for American Time Zones | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| April 2025 | | | | |
| *SleepTalk® Consultants Course | Sat 5th, Sun 6th, Sat 12th, Sun 13th | 8.30 am – 12.30 pm AEST | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Foundation Coach | Sat 5th April | 8.30 am – 12.30 pm AEST | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| May 2025 | | | | |
| *Express Foundation Coach Course | Thurs Mornings 1st May to 15th May | 7.00 am – 8.30am AEST | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| *SleepTalk® Express Consultants Course | Thurs Mornings 1st May to 26th June | 7.00 am – 8.30am AEST | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Consultants Course | Sat 3rd, Sun 4th, Sat 10th, Sun 11th | 8pm – 12.30am AEST | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |

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|---|-------------------------------|------------------------------------|------------|---|
| *SleepTalk® Foundation Course | Sat 3rd May | 8pm – 12.30 am AEST | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| June 2025 | | | | |
| LIVE "Elevate your Professional Speaking Journey" (Lvl 2 Lead Trainers) | Fri 6th Sat 7th, Sun 8th June | Alice Springs - Aus 8 am – 5 pm | \$1999 | https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/ |
| "IgniteYour Speakers Journey" Workshop | Sat 15th June | 8 pm – 12 am | \$250 | https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/ |
| July 2025 | | | | |
| LIVE SleepTalk® Associate Trainers Course | Fri 4th Sat 5th, Sun 6th July | Napoli Italy 8 am – 5.30 pm | \$1999 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/ |
| LIVE "Elevate your Professional Speaking" Course (Lvl 2 Lead Trainers) \$1999 | Sat 12th ,13th & 14th July | "Napoli" Italy 8am - 5.30 pm | \$1999 | https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/ |
| "Live" Refresher Course | Friday 11th July | Napoli Italy | \$250 | Expressions of Interest only |
| Aug 2025 | | | | |

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| LIVE "Elevate your Professional Speaking" Course (Lvl 2 Lead Trainers) | Fri 1st Sat 2nd, Sun 3rd Aug | Dubai 8am - 5.30 pm | \$1999 | https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/ |
| Refresher workshops | Tuesday 5th Aug | Dubai 12noon - 5pm | \$199 | Venue TBA |
| Sept 2025 | | | | |
| *Foundation Coach Course | Sat 6th Sept | 8 am – 12.30 pm AEST | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| *SleepTalk® Consultants Course | Sat 6th, Sun 7th, Sat 13, Sun 14th Sept | 8 am – 12.30 pm AEST | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Express Consultants Course | Thurs Evenings 4th Sept to 30th Oct | 8.30pm – 10.00pm AEST/ fm Oct AEDT | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| *SleepTalk® Express Foundation Course | Thurs Evenings 4th Sept to 18th Sept | 8.30pm – 10.00pm AEDT | \$297 | https://thesleeptalkprocess.com/professional-training/ |
| Oct 2025 | | | | |
| *Associate Trainers Course | Sat 4th, Sun 5th, Sat 11th, 12th Oct | 8pm – 12.30am AEDT | \$1999 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/ |
| Melbourne Live Refreshing Sleeptalk Symposium | Sat 18th Oct | Melbourne - Australia 8 am - 12.00 app AEDT | \$199 | Venue TBA |
| Nov 2025 | | | | |
| *Foundation Coach Course | Sat 1st Nov, | 8 pm – 12.30 am AEDT | \$297 | https://thesleeptalkprocess.com/professional-training/ |

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|---|--------------------------------------|---|------------|---|
| *SleepTalk® Consultants Course | Sat 1st Sun 2nd, Sat 8th Sun 9th Nov | 8 pm – 12.30 am AEDT | \$1499 | https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/ |
| Dec 2025 | | | | |
| *SleepTalk® Reflections & Christmas Celebrations | Sat 6th Dec | 8pm - 9pm AEDT | Free | |



* Are all online virtual courses or workshops (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.

These new and updated professional courses are excellent additions to your current practice, offering many existing clients with the award winning SleepTalk® Process. For more information check out our webpage <https://thegouldinginstitute.com> or you reach out to us on <https://thegouldinginstitute.setmore.com>