

## The International SleepTalk Training Academy Schedule of Courses 2025.

Courses	Dates	Time (Time Zones)	Cost (USD)	Links (Live venues)
*** Please note - times may change due to demand				
<b>Jan 2025</b>				
*SleepTalk® Consultants Course	Sat 11th, Sun 12th, Sat 18th, Sun 19th Jan	8 am – 12.30 pm AEDT	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Foundation Course	Sat 11th Jan	8 am – 12.30 pm AEDT	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
Brisbane City Refresher & Sleptalk Symposium	Sat 25th Jan	Brisbane - Australia 1 pm - 5pm	Ref \$199 Sypm Free	
<b>Feb 2025</b>				
*SleepTalk® Consultants Course	Sat 1st, Sun 2nd, Sat 8th, Sun 9th	8 pm – 12.30 am AEDT	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Foundation Course	Sat 1st Feb	8 pm – 12.30 pm AEDT	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
*SleepTalk® Express Consultants Course	Thurs Evenings 6th Feb to 3rd April	8.30 pm – 10 pm AEDT	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*Express Foundation Coach Course	Thurs Evening 6th Feb to 20th Feb	8.30 pm – 10 pm AEDT	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>

## The International SleepTalk Training Academy Schedule of Courses 2025.

Courses	Dates	Time (Time Zones)	Cost (USD)	Links (Live venues)
<b>March 2025</b>				
*"IgniteYour Speakers Journey"Workshop	Sat 1st March	8 am – 12 pm AEDT	\$250	<a href="https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/">https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/</a>
*Associate Trainers Course	Sat 8th, Sun 9th, Sat 15th, Sun 16th	8 am – 12.30 pm AEDT	\$1999	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/</a>
Penrith Sydney Refresher & Sleep-Talk® Symposium	Sun 2nd March	Penrith -Sydney 8 am - 12.00 app AEDT	Ref \$199 Sypm Free	Penrith Panthers Leagues Club
*SleepTalk® Consultants Course	Sat 22nd, Sun 23rd, 29th & 30th March	9.00pm – 1.00 am AEST Ideal for American Time Zones	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
<b>April 2025</b>				
*SleepTalk® Consultants Course	Sat 5th, Sun 6th, Sat 12th, Sun13th	8.30 am – 12.30 pm AEST	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Foundation Coach	Sat 5th April	8.30 am – 12.30 pm AEST	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
<b>May 2025</b>				
*Express Foundation Coach Course	Thurs Mornings 1st May to 15th May	7.00 am – 8.30am AEST	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
*SleepTalk® Express Consultants Course	Thurs Mornings 1st May to 26th June	7.00 am – 8.30am AEST	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>

## The International SleepTalk Training Academy Schedule of Courses 2025.

Courses	Dates	Time (Time Zones)	Cost (USD)	Links (Live venues)
*SleepTalk® Consultants Course	Sat 3rd, Sun 4th, Sat 10th, Sun 11th	8pm – 12.30am AEST	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Foundation Course	Sat 3rd May	8pm – 12.30 am AEST	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
<b>June 2025</b>				
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	<a href="https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/">https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/</a>
*"IgniteYour Speakers Journey" Workshop	Sat 15th June	8 pm – 12 am	\$250	<a href="https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/">https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/</a>
<b>July 2025</b>				
LIVE SleepTalk® Associate Trainers Course	Fri 4th Sat 5th, Sun 6th July	Napoli Italy 8 am – 5.30 pm	\$1999	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/</a>
LIVE "Elevate your Professional Speaking" Course (Lvl 2 Lead Trainers ) \$1999	Sat 12th ,13th & 14th July	"Napoli" Italy 8am - 5.30 pm	\$1999	(Venue still to be announced ) <a href="https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/">inhttps://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/</a>
"Live" Symposium & Refresher Course	Friday 11th July	Napoli Italy	\$250	
<b>Aug 2025</b>				

## The International SleepTalk Training Academy Schedule of Courses 2025.

Courses	Dates	Time (Time Zones)	Cost (USD)	Links (Live venues)
LIVE "Elevate your Professional Speaking" Course (Lvl 2 Lead Trainers )	Fri 1st Sat 2nd, Sun 3rd Aug	Hoi An Vietnam 8am - 5.30 pm	\$1999	Silk Village - Hoi An <a href="https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/">https://thesleeptalkprocess.com/specialist-speaker-workshops-and-sleeptalk-speaker-courses/</a>
Refresher workshops	Tuesday 5th Aug	Hoi An Vietnam 12noon - 5pm	\$199	Venue TBA
<b>Sept 2025</b>				
*Foundation Coach Course	Sat 6th Sept	8 am – 12.30 pm AEST	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
*SleepTalk® Consultants Course	Sat 6th, Sun 7th, Sat 13, Sun 14th Sept	8 am – 12.30 pm AEST	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Express Consultants Course	Thurs Evenings 4th Sept to 30th Oct	8.30pm – 10.00pm AEST/ <i>fm Oct AEDT</i>	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
*SleepTalk® Express Foundation Course	Thurs Evenings 4th Sept to 18th Sept	8.30pm – 10.00pm AEDT	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
<b>Oct 2025</b>				
*Associate Trainers Course	Sat 4th, Sun 5th, Sat 11th, 12th Oct	8pm – 12.30am AEDT	\$1999	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-trainer/</a>
Melbourne City Refreshing & Sleptalk Symposium	Sat 18th Oct	Melbourne - Australia 8 am - 12.00 app AEDT	Ref \$199 Sypm Free	The Dorset Melbourne
<b>Nov 2025</b>				

## The International SleepTalk Training Academy Schedule of Courses 2025.

Courses	Dates	Time (Time Zones)	Cost (USD)	Links (Live venues)
*Foundation Coach Course	Sat 1st Nov,	8 pm – 12.30 am <b>AEDT</b>	\$297	<a href="https://thesleeptalkprocess.com/professional-training/">https://thesleeptalkprocess.com/professional-training/</a>
*SleepTalk® Consultants Course	Sat 1st Sun 2nd, Sat 8th Sun 9th Nov	8 pm – 12.30 am <b>AEDT</b>	\$1499	<a href="https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/">https://thesleeptalkprocess.com/professional-training/sleeptalk-become-a-consultant/</a>
<b>Dec 2025</b>				
*SleepTalk® Reflections & Christmas Celebrations	Sat 6th Dec	8pm - 9pm <b>AEDT</b>	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 world re-known SleepTalk® Process. For more information check out our webpage <https://sleeptalktrainingacademy.com> or organise a 15 min coffee chat with Kerre our Master of Training today.

