

Shirley Markant Coaching – General Availability 2026

Weekly hours

S	Unavailable
M	9:00am - 12:00pm
T	Unavailable
W	1:00pm - 4:00pm
T	8:00am - 11:00am 7:00pm - 8:00pm
F	10:00am - 4:00pm
S	Unavailable

Eastern Time - US & Canada

Coaching sessions (45 minutes each) are generally available within the hours (EST) listed. This schedule gives a sense of typical availability, but not every time slot may be open when you book.

Once you've signed up for your coaching subscription or package, you'll receive a link to select the sessions that work best for you.

If these times don't fit your schedule, don't worry. I do have limited availability outside of this list by request — just reach out through [my contact form](#) and we'll see what's possible.