

Course Schedule: January 8, 2020 – April 4, 2020

Note: All Events Held in Central Time

Pre-course: Welcome Webinar	Tuesday, January 5th	12-1pm*	Introduction and Welcome
Session 1	January 8 - 17		Wellness Coaching Program and Blackboard Basics
Homework Live Discussion	Wednesday, Jan 13	10-12 pm	
	Thursday, Jan 14	11am-1pm OR 5-7pm	
Session 2	January 15 – January 24		Overview of Wellness Coaching
Homework Live Discussion	Wednesday, Jan 20	10-12 pm	
	Thursday, Jan 21	11am-1pm OR 5-7pm	
Session 3 – Virtual Training	January 25-January 28	8-5:30 pm	The Coaching Conversation
Session 4	January 29-February 7		Case Studies/Neurobiology and Self-Regulation
Homework Live Discussion	Wednesday, Feb 3	10-12 pm	
	Thursday, Feb 4	11am-1pm OR 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
Session 5	February 5-February 14		Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wednesday, Feb 10	1-2pm *	Rotating Topics
Mentor Coaching 1:1 Calls	Scheduled with Instructors		Practice Coaching 1:1 with Mentor
Session 6	February 12-February 21		Building the Coaching Relationship
Homework Live Discussion	Wednesday, Feb 17	10-12 pm	
	Thursday, Feb 18	11am-1pm OR 5-7pm	
*Health and Wellness: Webinar	Wednesday, Feb 17	5-7 pm *	Health and Wellness Topics Relating to Coaching
Session 7	February 19-February 28		Transforming Values and Desires into Action: Goal Setting and Action Planning
Homework Live Discussion	Wednesday, Feb 24	10-12 pm	
	Thursday, Feb 25	11am-1pm OR 5-7pm	
Mentor Coaching Observe Peer Group Call	Scheduled with Instructors		Practice Coaching 1:1 with Mentor and Peer Group
Session 8	February 26-March 7		Essential Healthy Lifestyle Guidelines and Health Literacy
“Coach Me” Skill Practice Webinar	Tuesday, March 2	11am-1pm OR 3-5pm	
Homework Live Discussion	Wednesday, March 3	10-12 pm	
	Thursday, March 4	11am-1pm OR 5-7pm	
Session 9	March 5-March 14		Supporting Lasting Change and Facilitating Closure
Homework Live Discussion	Wednesday, March 10	10-12 pm	
	Thursday, March 11	11am-1pm OR 5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors		Practice Coaching 1:1 with Mentor
Session 10	March 12-March 21		Ethics, Systems and Resources
Homework Live Discussion	Wednesday, March 17	10am-1pm	
	Thursday, March 18	11am-1pm OR 5-7pm	

***Note: some live events only have one time option -- Conference calls and webinar times potentially may change**

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Health and Wellness: Webinar	Wednesday, March 17	5-7pm	Health and Wellness Topics Relating to Coaching
Session 11	March 19-March 28		Self-Care
Homework Live Discussion	Wednesday, March 24	10-12 pm	
	Thursday, March 25	11am-1pm OR 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
Session 12	March 26-April 4		Integrating Your Skills for the Future
"Coach Me" Skill Practice Webinar	Tuesday, March 30	11am-1pm OR 3-5pm	Coach Me Call
January Course: PSA Calls	April 7 - 30		Completion of Program

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