

Course Schedule: September - December 2019
(Webinar and conference call dates and times are subject to change)

Pre-course Conference Call	Tues, September 24, 2019 (1-2pm CT)	Introduction and Welcome
Session 1	September 27 – October 6	Wellness Coaching Program and Blackboard Basics
Session 2	October 4 – October 13	Overview of Wellness Coaching
Session 3	ON-SITE: Oct 14 - 17	The Coaching Conversation
Session 4	October 18 – October 27	Case Studies/Neurobiology and Self-Regulation
“Coach Me” Conference Call	Tuesday, October 22 (11am-12:30pm CT)	Coach Me Call
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 5	October 25 – November 3	Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wed, October 30, 2019 (1-2pm CT)	Rotating Topics
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 6	November 1 – November 10	Building the Coaching Relationship
Webinar	Wed, Nov 6, 2019 (5-7pm CT) Thurs, Nov 7 (11am-1pm CT)	“Fostering an Experimental Mindset in Weight Management”
Session 7	November 8 – November 17	Transforming Values and Desires into Action: Goal Setting and Action Planning
Mentor Coaching Observe Peer Group Call	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 8	November 15 – November 24	Essential Healthy Lifestyle Guidelines and Health Literacy
Webinar	Tuesday, Nov 19 (11am – 1pm CT)	Nutrition and Physical Activity for Health and Wellness
Session 9	November 22 – December 1	Supporting Lasting Change and Facilitating Closure
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 10	November 29 – December 8	Ethics, Systems and Resources
Webinar	Wed, Dec 4 (5-7pm CT) Thurs, Dec 5 (11am-1pm CT)	Enhancing Resiliency and Manage Stress
Session 11	December 6 – December 15	Self-Care
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 12	December 13 – December 22	Integrating Your Skills for the Future
“Coach Me” Conference Call	Tues, December 17 (11-12:30pm CT)	Coach Me Call

**Conference calls and webinar times potentially may change. The dates and times will be confirmed in the welcome email two weeks prior to course start. Webinars are offered with two date options.*