

## Course Schedule: September –December 2018\*

Pre-course Conference Call	Tuesday, Sept 25, 2018 (5-6 pm CT) or Thursday, Sept 27, 2018 (12-1 pm CT)	Introduction and Welcome
Session 1	Sept 28 – Oct 7	Wellness Coaching Program and Blackboard Basics
Session 2	Oct 5 – Oct 14	Overview of Wellness Coaching
Session 3	ON-SITE: Oct 15-18	The Coaching Conversation
Session 4	Oct 19 – Oct 28	Case Studies/Neurobiology and Self-Regulation
Conference Call	Tues, Oct 23 (11 am – 12 pm CT)	“Coach Me”
Session 5	Oct 26 – Nov 4	Setting the Stage for the Wellness Coaching Experience
Mid-Course Conference Call	Wed, Oct 31, 2018 (1-2 pm CT)	Rotating Topics
Session 6	Nov 2 – Nov 11	Building the Coaching Relationship
Webinar	Wed, Nov 7 (5-7 pm CT) or Fri, Nov 9 (11 am-1 pm CT)	“Fostering an Experimental Mindset in Weight Management”
Session 7	Nov 9 – Nov 18	Transforming Values and Desires into Action: Goal Setting and Action Planning
Session 8	Nov 16 – Nov 25	Essential Healthy Lifestyle Guidelines and Health Literacy
Webinar	Fri, Nov 16 (10 am - 12 pm, CT) or Mon, Nov 19 (5-7 pm, CT)	“Nutrition and Physical Activity for Health and Wellness”
Session 9	Nov 23 – Dec 2	Supporting Lasting Change and Facilitating Closure
Session 10	Nov 30 – Dec 16	Ethics, Systems and Resources
Webinar	Wed, Dec 5 (5-7 pm CT) or Fri, Dec 7 (11 am -1pm CT)	“Building Resiliency and Reducing Stress for Wellness Coaching”
Session 11	Dec 7 – Dec 16	Self-Care
Session 12	Dec 14 – Dec 23	Integrating Your Skills for the Future
Conference Call	Tues, Dec 18 (11 am – 12 pm CT)	“Coach Me”

*\*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.*