

## Course Schedule: April 10, 2020 – July 5, 2020

Note: All Events Held in Central Time

Pre-course: Welcome Webinar	Tues, April 7	12-1pm*	Introduction and Welcome
Session 1	April 10 - April 19		Wellness Coaching Program and Blackboard Basics
Homework Live Discussion	Thurs, April 16	11am-1pm OR 5-7pm	
Session 2	April 17 – April 26		Overview of Wellness Coaching
Homework Live Discussion	Thurs, April 23	11am-1pm OR 5-7pm	
Session 3 – Virtual Training	April 27-30		The Coaching Conversation
Session 4	May 1 – May 10		Case Studies/Neurobiology and Self-Regulation
Homework Live Discussion	Thursday May 7 <sup>th</sup>	11 am-1:00 pm OR 5-7pm	
Peer Coaching - Scheduled with Peer Group			Practice Coaching your Peers
Session 5	May 8 – May 17		Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wed, May 13	1-2pm *	Rotating Topics
Mentor Coaching 1:1 Calls	Scheduled with Instructors		Practice Coaching 1:1 with Mentor
Session 6	May 15 – May 24		Building the Coaching Relationship
Health and Wellness: Webinar	Wed, May 20	5-7 pm *	Fostering an Experimental Mindset in Weight Management
Homework Live Discussion	Thurs, May 21	11 am-1 pm OR 5-7pm	
Session 7	May 22 – May 31		Transforming Values and Desires into Action: Goal Setting and Action Planning
Homework Live Discussion	Thurs, May 28	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	May 29 - June 7		Essential Healthy Lifestyle Guidelines and Health Literacy
“Coach Me” Skill Practice: Webinar	Tuesday June 2	11-1pm or 3-5pm	
Homework Live Discussion	Thurs, June 4	11am-1pm OR 5-7pm	
Session 9	June 5 – June 14		Supporting Lasting Change and Facilitating Closure
Homework Live Discussion	Thurs, June 11	11am-1pm OR 5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors		Practice Coaching 1:1 with Mentor
Session 10	June 12 – June 21		Ethics, Systems and Resources
Health and Wellness: Webinar	Wed, June 17	5-7pm *	Enhancing Resiliency and Manage Stress
Homework Live Discussion	Thurs, June 18	11am-1pm OR 5-7pm	
Session 11	June 19 – June 28		Self-Care
Homework Live Discussion	Thursday, June 25	11am-1pm OR 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
Session 12	June 26 – July 5		Integrating Your Skills for the Future
“Coach Me” Skill Practice: Webinar	Tuesday, June 30	11am-1:00pm OR 3-5pm	Coach Me Call
April Course: PSA Calls	July 5 – July 31		Completion of Program

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