### Course Schedule: April 9, 2021 – July 4, 2021

**Note:** All Events Held in Central Time

- *Pre-course: Welcome Webinar*  
  - **Tuesday, April 6**  
    - 12-1pm*  
    - **Introduction and Welcome**
- **Session 1**  
  - **April 9-April 18**  
    - **Homework Live Discussion—**  
      - **Wednesday, Apr 14**  
        - 10-12 pm OR
    - **Course:** Wellness Coaching Program and Blackboard Basics
- **Session 2**  
  - **April 16-April 25**  
    - **Homework Live Discussion—**  
      - **Wednesday, Apr 21**  
        - 10-12 pm OR
    - **Course:** Overview of Wellness Coaching
- **Session 3 – Virtual Training**  
  - **April 26-29**  
    - **Course:** The Coaching Conversation
- **Session 4**  
  - **April 30-May 9**  
    - **Homework Live Discussion—**  
      - **Wednesday, May 5**  
        - 10-12 pm OR
    - **Course:** Case Studies/Neurobiology and Self-Regulation
- **Session 5**  
  - **May 7-May 16**  
    - **Mid-Course Conference Call—**  
      - **Wednesday, May 12**  
        - 1-2pm *
    - **Course:** Setting the Stage for the Wellness Coaching Process
- **Session 6**  
  - **May 14-May 23**  
    - **Homework Live Discussion—**  
      - **Wednesday, May 19**  
        - 10-12 pm OR
    - **Course:** Building the Coaching Relationship
- **Session 7**  
  - **May 21-May 30**  
    - **Homework Live Discussion—**  
      - **Wednesday, May 26**  
        - 10-12 pm OR
    - **Course:** Transforming Values and Desires into Action: Goal Setting and Action Planning
- **Session 8**  
  - **May 28-June 6**  
    - **“Coach Me” Skill Practice Webinar—**  
      - **Tuesday, June 1**  
        - 11am-1pm OR 3-5pm
    - **Course:** Essential Healthy Lifestyle Guidelines and Health Literacy
- **Session 9**  
  - **June 4-June 13**  
    - **Homework Live Discussion—**  
      - **Wednesday, June 9**  
        - 10-12 pm OR
    - **Course:** Supporting Lasting Change and Facilitating Closure
- **Session 10**  
  - **June 11-June 20**  
    - **Course:** Ethics, Systems and Resources

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*Note: Some live events only have one time option -- Conference calls and webinar times potentially may change.*
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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Homework Live Discussion</td>
<td>Wednesday, June 16</td>
<td>10am-12pm OR</td>
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<td>Thursday, June 17</td>
<td>11am-1pm OR 5-7pm</td>
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<tr>
<td><em>Health and Wellness: Webinar</em></td>
<td>Wednesday, June 16</td>
<td>5-7pm*</td>
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<td>Health and Wellness Topics Relating to Coaching</td>
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<td><strong>Session 11</strong></td>
<td><strong>June 18-June 27</strong></td>
<td><strong>Self-Care</strong></td>
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<td>Homework Live Discussion</td>
<td>Wednesday, June 23</td>
<td>10-12 pm OR</td>
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<td>Thursday, June 24</td>
<td>11am-1pm OR 5-7pm</td>
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<td>Peer Coaching</td>
<td>Scheduled with Peer Group</td>
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<td><strong>Session 12</strong></td>
<td><strong>June 25-July 4</strong></td>
<td><strong>Integrating Your Skills for the Future</strong></td>
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<td>“Coach Me” Skill Practice Webinar</td>
<td>Tuesday, June 29</td>
<td>11am-1pm OR 3-5pm</td>
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<td>April Course: PSA Calls</td>
<td>July 7 - August 1</td>
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</tbody>
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