

Course Schedule: January–April 2019*

Pre-course Conference Call	Thursday, Jan 3, 2019 (12-1 pm CT) Tuesday, Jan 8, 2019 (5-6 pm CT) or	Introduction and Welcome
Session 1	Jan 11 – Jan 20	Wellness Coaching Program and Blackboard Basics
Session 2	Jan 18 – Jan 27	Overview of Wellness Coaching
Session 3	ON-SITE: Jan 28 – Jan 31	The Coaching Conversation
Session 4	Feb 1 – Feb 10	Case Studies/Neurobiology and Self-Regulation
Conference Call	Tues, Feb 5 (11 am – 12 pm CT)	“Coach Me”
Session 5	Feb 8 – Feb 17	Setting the Stage for the Wellness Coaching Experience
Mid-Course Conference Call	Wed, Feb 13, 2019 (1-2 pm CT)	Rotating Topics
Session 6	Feb 15 – Feb 24	Building the Coaching Relationship
Webinar	Wed, Feb 20, 2019 (5-7 pm CT) or Fri, Feb 22, 2019 (11 am-1 pm CT)	“Fostering an Experimental Mindset in Weight Management”
Session 7	Feb 22 – Mar 3	Transforming Values and Desires into Action: Goal Setting and Action Planning
Session 8	Mar 1 – March 10	Essential Healthy Lifestyle Guidelines and Health Literacy
Webinar	Fri, Mar 1, 2019 (10 am - 12 pm, CT) or Mon, Mar 4, 2019 (5-7 pm, CT)	“Nutrition and Physical Activity for Health and Wellness”
Session 9	Mar 8 – March 17	Supporting Lasting Change and Facilitating Closure
Session 10	Mar 15 – Mar 31	Ethics, Systems and Resources
Webinar	Wed, Mar 27, 2019 (5-7 pm CT) or Fri, Mar 29, 2019 (11 am -1pm CT)	“Building Resiliency and Reducing Stress for Wellness Coaching”
Session 11	Mar 22 – Mar 31	Self-Care
Session 12	Mar 29 – April 7	Integrating Your Skills for the Future
Conference Call	Tues, April 2, 2019 (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.*