

Course Schedule: January 2020 – April 2020

Pre-course: Welcome Webinar	Tues, Jan 7 (12-1pm CST)	Introduction and Welcome
Session 1	Jan 10-Jan 19	Wellness Coaching Program and Blackboard Basics
Homework Live Discussion	Thursday, January 16 th 11-1pm or 5-7pm CST	
Session 2	Jan 17-26	Overview of Wellness Coaching
Homework Live Discussion	Thursday, January 23 rd 11-1pm or 5-7pm CST	
Session 3	ON-SITE: Jan 27-30, 2020	The Coaching Conversation
Session 4	Jan 31-Feb 9	Case Studies/Neurobiology and Self-Regulation
“Coach Me” Conference Call	Tuesday, February 4 (11am-1:00pm CST)	Coach Me Call
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 5	Feb 7- Feb 16	Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wednesday, February 12 (1-2pm CST)	Rotating Topics
Homework Live Discussion	Thursday, February 13 th 11-1pm or 5-7pm CST	
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 6	Feb 14- Feb 23	Building the Coaching Relationship
Webinar	Wednesday, Feb 19 (5-7 pm CST)	“Fostering an Experimental Mindset in Weight Management”
Homework Live Discussion	February 20 th 11-1pm CST	***only 1 due to Wed. evening Webinar
Session 7	Feb 21-Mar 1	Transforming Values and Desires into Action: Goal Setting and Action Planning
Homework Live Discussion	February 27 th 11-1pm or 5-7pm CST	
Mentor Coaching Observe Peer Group Call	Scheduled with Instructors	Practice Coaching 1:1 with Mentor and Peer Group
Session 8	Feb 28-Mar 8	Essential Healthy Lifestyle Guidelines and Health Literacy
Homework Live Discussion	Thursday March 5 th 11-1pm or 5-7pm CST	
Session 9	Mar 6- Mar 15	Supporting Lasting Change and Facilitating Closure
Homework Live Discussion	March 12 th 11-1pm or 5-7pm CST	
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 10	Mar 13-22	Ethics, Systems and Resources
Webinar	Wed, March 18 (5-7pm CT)	Enhancing Resiliency and Manage Stress
Homework Live Discussion	Thursday, March 19 th 11-1pm CST	***only 1 due to Wed. evening Webinar
Session 11	Mar 20- Mar 29	Self-Care
Homework Live Discussion	Thursday, March 26 th 11-1pm or 5-7pm CST	
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 12	Mar 27- April 5	Integrating Your Skills for the Future
“Coach Me” Conference Call	Tues, March 31 (11-1:00pm CT)	Coach Me Call
January Course: PSA Calls	March 29- May 1st	Completion of Program

**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.*