

## Course Schedule: July 3, 2020 – September 27, 2020

Note: All Events Held in Central Time

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

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