

Course Schedule: September 18, 2020 – December 13, 2020

Note: All Events Held in Central Time

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

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