

## Course Schedule: September 17, 2021 – December 12, 2021

Note: All Events Held in Central Time

<b>Pre-course: Welcome Webinar</b>	<b>Tuesday, Sept 15</b>	12-1pm*	<b>Introduction and Welcome</b>
<b>Session 1</b>	<b>Sept 17 – Sept 26</b>		<b>Wellness Coaching Program and Blackboard Basics</b>
Homework Live Discussion— *NOTE: Pick <b>ONE</b> of the three times.	Wednesday, Sept 22	10-12 pm <b>OR</b>	
	Thursday, Sept 23	11am-1pm <b>OR</b> 5-7pm	
<b>Session 2</b>	<b>Sept 24 – Oct 3</b>		<b>Overview of Wellness Coaching</b>
Homework Live Discussion	Wednesday, Sept 29	10-12 pm <b>OR</b>	
	Thursday, Sept 30	11am-1pm <b>OR</b> 5-7pm	
<b>Session 3 – Virtual Training</b>	<b>Oct 4 – Oct 7</b>	<b>8-5:30 pm</b>	<b>The Coaching Conversation</b>
<b>Session 4</b>	<b>Oct 8 – Oct 17</b>		<b>Case Studies/Neurobiology and Self-Regulation</b>
Homework Live Discussion	Wednesday, Oct 13	10-12 pm <b>OR</b>	
	Thursday, Oct 14	11am-1pm <b>OR</b> 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
<b>Session 5</b>	<b>Oct 15 – Oct 24</b>		<b>Setting the Stage for the Wellness Coaching Process</b>
Mid-Course Conference Call	Wednesday, Oct 20	1-2pm*	Rotating Topics
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
<b>Session 6</b>	<b>Oct 22 – Oct 31</b>		<b>Building the Coaching Relationship</b>
Homework Live Discussion	Wednesday, Oct 27	10-12 pm <b>OR</b>	
	Thursday, Oct 28	11am-1pm <b>OR</b> 5-7pm	
*Health and Wellness: Webinar	Wednesday, Oct 27	5-7 pm*	Health and Wellness Topics Relating to Coaching
<b>Session 7</b>	<b>Oct 29 – Nov 7</b>		<b>Transforming Values and Desires into Action: Goal Setting and Action Planning</b>
Homework Live Discussion	Wednesday, Nov 3	10-12 pm <b>OR</b>	
	Thursday, Nov 4	11am-1pm <b>OR</b> 5-7pm	
Mentor Coaching Observe Peer Group Call	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching 1:1 with Mentor and Peer Group
<b>Session 8</b>	<b>Nov 5 – Nov 14</b>		<b>Essential Healthy Lifestyle Guidelines and Health Literacy</b>
“Coach Me” Skill Practice Webinar	Tuesday, Nov 9	11am-1pm <b>OR</b> 3-5pm	
Homework Live Discussion	Wednesday, Nov 10	10-12 pm <b>OR</b>	
	Thursday, Nov 11	11am-1pm <b>OR</b> 5-7pm	
<b>Session 9</b>	<b>Nov 12 – Nov 21</b>		<b>Supporting Lasting Change and Facilitating Closure</b>
Homework Live Discussion	Wednesday, Nov 17	10-12 pm <b>OR</b>	
	Thursday, Nov 18	11am-1pm <b>OR</b> 5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
<b>Session 10</b>	<b>Nov 19 – Nov 28</b>		<b>Ethics, Systems and Resources</b>

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

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Homework Live Discussion	Wednesday, Nov 24	10am-1pm <b>OR</b>	
	Thursday, Nov 25	11am-1pm <b>OR</b> 5-7pm	
*Health and Wellness: Webinar	Wednesday, Nov 24	5-7pm*	Health and Wellness Topics Relating to Coaching
<b>Session 11</b>	<b>Nov 26 – Dec 5</b>		<b>Self-Care</b>
Homework Live Discussion	Wednesday, Dec 1	10-12 pm <b>OR</b>	
	Thursday, Dec 2	11am-1pm <b>OR</b> 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
<b>Session 12</b>	<b>Dec 3 – Dec 12</b>		<b>Integrating Your Skills for the Future</b>
“Coach Me” Skill Practice Webinar	Tuesday, Dec 8	11am-1pm <b>OR</b> 3-5pm	Coach Me Call
September Course: PSA Calls	Dec 15 – Jan 9, 2022		Completion of Program

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