

Course Schedule: April-July 2019

(webinar and conference call dates and times are subject to change)

*notes a date or time change

Pre-course Conference Call	Tues, Apr 9, 2019 (12-1 pm CT)	Introduction and Welcome
Session 1	Apr 12 – Apr 21	Wellness Coaching Program and Blackboard Basics
Session 2	Apr 19 – Apr 28	Overview of Wellness Coaching
Session 3	ON-SITE: Apr 29 - May 2	The Coaching Conversation
Session 4	May 3 – May 12	Case Studies/Neurobiology and Self-Regulation
Conference Call	Tues, May 7 (11 am – 12 pm CT)	“Coach Me”
Session 5	May 10 – May 19	Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wed, May 15, 2019 (1-2 pm CT)	Rotating Topics
Session 6	May 17 – May 26	Building the Coaching Relationship
Webinar	*Wed, May 22, 2019 (5-7 pm CT) or Thurs, May 23, 2019 (11 am-1 pm CT)	“Fostering an Experimental Mindset in Weight Management”
Session 7	May 24 – June 2	Transforming Values and Desires into Action: Goal Setting and Action Planning
Session 8	May 31 – June 9	Essential Healthy Lifestyle Guidelines and Health Literacy
Webinar	Fri, May 31, 2019 (10 am - 12 pm, CT) or Mon, June 3, 2019 (5-7 pm, CT)	“Nutrition and Physical Activity for Health and Wellness”
Session 9	June 7 – June 16	Supporting Lasting Change and Facilitating Closure
Session 10	June 14 – June 30	Ethics, Systems and Resources
Webinar	*Wed, June 19, 2019 (5-7 pm CT) or Thurs, June 20, 2019 (11 am -1 pm CT)	“Building Resiliency and Reducing Stress for Wellness Coaching”
Session 11	June 21 – June 30	Self-Care
Session 12	June 28 – July 7	Integrating Your Skills for the Future
Conference Call	Tues, July 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.*