

**Course Schedule: July - September 2019**  
**(Webinar and conference call dates and times are subject to change)**

Pre-course Conference Call	Tues, July 2, 2019 (12-1pm CT)	Introduction and Welcome
Session 1	July 5 - July 14	Wellness Coaching Program and Blackboard Basics
Session 2	July 12 - July 21	Overview of Wellness Coaching
<b>Session 3</b>	<b>ON-SITE: July 22 – July 25</b>	<b>The Coaching Conversation</b>
Session 4	July 26 – August 4	Case Studies/Neurobiology and Self-Regulation
“Coach Me” Conference Call	July 30 <sup>th</sup> (11am-12:30pm CT)	Coach Me Call
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 5	August 2 – August 11	Setting the Stage for the Wellness Coaching Process
Mid-Course Conference Call	Wed, August 7th, 2019 (1-2pm CT)	Rotating Topics
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 6	August 9- August 18	Building the Coaching Relationship
Webinar	Tues, August 13, 2019 (5-7pm CT) Thurs, August 15 (11am-1pm CT)	“Fostering an Experimental Mindset in Weight Management”
Session 7	August 16 – August 25	Transforming Values and Desires into Action: Goal Setting and Action Planning
Mentor Coaching Observe Peer Group Call	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 8	August 23 – September 1	Essential Healthy Lifestyle Guidelines and Health Literacy
Webinar	Monday, August 26 (11am – 12pm CT)	Nutrition and Physical Activity for Health and Wellness
Session 9	August 30 – September 8	Supporting Lasting Change and Facilitating Closure
Mentor Coaching 1:1 Calls	Scheduled with Instructors	Practice Coaching 1:1 with Mentor
Session 10	September 6 – September 15	Ethics, Systems and Resources
Webinar	Tues, September 10 (5-7pm CT) Thurs, September 12 (11am-1pm CT)	Enhancing Resiliency and Manage Stress
Session 11	September 13 – September 22	Self-Care
Peer Coaching	Scheduled with Peer Group	Practice Coaching your Peers
Session 12	September 20 – September 29	Integrating Your Skills for the Future
“Coach Me” Conference Call	Tues, September 24 (11-12:30pm CT)	Coach Me Call

*\*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.*