

Course Schedule: April 1, 2022 – June 26, 2022

Webinar times subject to possible changes.

Pre-course: Welcome Webinar	Tuesday, March 29	12-1pm	Introduction and Welcome
Session 1	April 1 - April 10		Wellness Coaching Program and Blackboard Basics
Homework Live Discussion NOTE: Pick ONE of the three times.	Wednesday, Apr 6	10-12 pm OR	
	Thursday, Apr 7	11am-1pm OR 5-7pm	
Session 2	April 8 - April 17		Overview of Wellness Coaching
Homework Live Discussion	Wednesday, Apr 13	10-12 pm OR	
	Thursday, Apr 14	11am-1pm OR 5-7pm	
Session 3	April 15- April 24		The Coaching Conversation
INTENSIVE (LIVE Virtual Training)	April 18-21	8-5:30 pm	
Session 4	April 22 - May 1		Case Studies/Neurobiology and Self-Regulation
Homework Live Discussion	Wednesday, April 27	10-12 pm OR	
	Thursday, April 28	11am-1pm OR 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
Session 5	April 29 - May 8		Setting the Stage for the Wellness Coaching Process
“Coach Me” Skill Practice Webinar	Tuesday, May 3	11-1pm OR 3-5pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
Session 6	May 6 -May 15		Building the Coaching Relationship
Health and Wellness: Webinar	Tuesday, May 10	11-1pm OR 3-5pm	Health and Wellness Topics Relating to Coaching
Homework Live Discussion	Wednesday, May 11	10-12 pm OR	
	Thursday, May 12	11am-1pm OR 5-7pm	
Session 7	May 13 - May 22		Transforming Values and Desires into Action: Goal Setting and Action Planning
Homework Live Discussion	Wednesday, May 18	10-12 pm OR	
	Thursday, May 19	11am-1pm OR 5-7pm	
Mentor Coach Observes Peer Group Call	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching with Peer Group/Mentor observing
Session 8	May 20 – May 29		Essential Healthy Lifestyle Guidelines and Health Literacy
“Coach Me” Skill Practice Webinar	Tuesday, May 24	11am-1pm OR 3-5pm	
Homework Live Discussion	Wednesday, May 25	10-12 pm OR	
	Thursday, May 26	11am-1pm OR 5-7pm	
Session 9	May 27 – June 5		Supporting Lasting Change and Facilitating Closure
Homework Live Discussion	Wednesday, June 1	10-12 pm OR	
	Thursday, June 2	11am-1pm OR 5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri		Practice Coaching 1:1 with Mentor

Note: All sessions are held in the Central Standard time zone, plan accordingly.

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Session 10	June 3 - June 12		Ethics, Systems and Resources
Session 11	June 10 - June 19		Self-Care
Homework Live Discussion	Wednesday, June 15	10-12 pm OR	
	Thursday, June 16	11am-1pm OR 5-7pm	
Peer Coaching	Scheduled with Peer Group		Practice Coaching your Peers
Session 12	June 17 – June 26		Integrating Your Skills for the Future
“Coach Me” Skill Practice Webinar	Tuesday, June 21	11-1pm OR 3-5pm	
<i>Practical Skills Assessment (PSA) Calls</i>	<i>June 27 – July 29</i>		
Optional Course Reunion	Wednesday, Aug 31	12-12:45pm	

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