

## Course Schedule: January 5 – March 31, 2024

*Note: Webinar times subject to possible changes. All events are held in the Central time zone, plan accordingly*

Session Week	Date	Time	Session Title and Notes
<b>Pre-Course Welcome Webinar</b>	<b>Thursday, January 4</b>	12-1 pm	<b>Introduction and Welcome</b>
<b>Session 1</b>	<b>January 5 – January 14</b>		<b>Wellness Coaching Program and Brightspace Basics</b>
Homework Live Discussion—	Wednesday, January 10	10 am-12 pm <b>OR</b>	Attend your assigned date, selected at registration
	Thursday, January 11	5-7pm	
<b>Session 2</b>	<b>January 12 – January 21</b>		<b>Overview of Wellness Coaching</b>
Homework Live Discussion	Wednesday, January 17	10 am-12 pm <b>OR</b>	
	Thursday, January 18	5-7pm	
<b>Session 3</b>	<b>January 19 – January 28</b>		<b>The Coaching Conversation</b>
<b>INTENSIVE (LIVE Virtual Training)</b>	<b>Monday – Thursday January 22-25, 2024</b>	<b>8:00-5:30 pm</b>	
<b>Session 4</b>	<b>January 26 – February 4</b>		<b>Case Studies/Neurobiology and Self-Regulation</b>
Homework Live Discussion	Wednesday, January 31	10 am-12 pm <b>OR</b>	
	Thursday, February 1	5-7pm	
<b>Session 5</b>	<b>February 2 – February 11</b>		<b>Setting the Stage for the Wellness Coaching Process</b>
“Coach Me” Peer Coaching	Wednesday, February 7	10 am- 12 pm	
	Thursday, February 8	5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8 am-5 pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
<b>Session 6</b>	<b>February 9 – February 18</b>		<b>Building the Coaching Relationship</b>
Homework Live Discussion	Wednesday, February 14	10 am-12 pm <b>OR</b>	
	Thursday, February 15	5-7 pm	
<b>Session 7</b>	<b>February 16 – February 25</b>		<b>Transforming Values and Desires into Action: Goal Setting and Action Planning</b>
Homework Live Discussion	Wednesday, February 21	10 am-12 pm <b>OR</b>	
	Thursday, February 22	5-7 pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8 am-5 pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
<b>Session 8</b>	<b>February 23 – March 3</b>		<b>Essential Healthy Lifestyle Guidelines and Health Literacy</b>
“Coach Me” Peer Coaching	Wednesday, February 28	10 am- 12 pm	
	Thursday, February 29	5-7 pm	

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Session 9	March 1 – March 10		Supporting Lasting Change and Facilitating Closure
Homework Live Discussion	Wednesday, March 6	10 am-12 pm <b>OR</b>	
	Thursday, March 7	5-7pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8 am-5 pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
Session 10	March 8 – March 17		Ethics, Systems and Resources
	There are no live webinars this week. Listen to the recordings.		
Session 11	March 8 – March 17		Self-Care
Homework Live Discussion	Wednesday, March 20	10 am-12 pm <b>OR</b>	
	Thursday, March 21	5-7 pm	
Session 12	March 22 – March 31		Integrating Your Skills for the Future
“Coach Me” Peer Coaching	Wednesday, March 27	10 am-12 pm	
	Thursday, March 28	5-7 pm	
<b>Final Exam in Brightspace</b>	To be taken between March 22-29*		The written exam is housed in Brightspace. <b>*You will have until Friday, March 29 at 12:00 pm central standard time to take the exam.</b> This must be completed in one sitting. More information on the exam will be provided during the course.
Practical Skills Assessment (PSA) Calls	April 1 – May 3		
			<p><b>Your PSA will be scheduled in Brightspace and your instructor team will be sharing more information about when and how to schedule this 30 minute session.</b></p> <p><b>After completing your PSA, wait for an email that you will receive from: Mayo Clinic Wellness Coach Training Program titled: Mayo Clinic Wellness Coach Training - Next Steps for Certification. This email provides a link for you to access your Certificate of Completion. This certificate verifies you are now Mayo Clinic Wellness Coach Trained and eligible to begin your Practice Coaching Hours for Mayo Clinic and/or the NBHWC.</b></p>