

Course Schedule: January 10 – April 6, 2025

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
Pre-Course Welcome Webinar	Thursday, January 9	12-1 pm	Introduction and Welcome
Session 1	January 10 – January 19		Wellness Coaching Program and Brightspace Basics
Live Discussion	Wednesday, January 15	10 am-12 pm OR	Attend your assigned date, selected at registration
	Thursday, January 16	5-7pm	
Session 2	January 17-January 26		Overview of Wellness Coaching
Live Discussion	Wednesday, January 22	10 am-12 pm OR	
	Thursday, January 23	5-7pm	
Session 3	January 24-February 2		The Coaching Conversation
INTENSIVE (LIVE Virtual Training)	Monday – Friday January 27-31	8:00-5:30 pm	Mandatory Full Attendance
Session 4	January 31- February 9		Case Studies/Neurobiology and Self-Regulation
Live Discussion	Wednesday, February 5	10 am-12 pm OR	
	Thursday, February 6	5-7pm	
Session 5	February 7- February 16		Setting the Stage for the Wellness Coaching Process
“Coach Me” Peer Coaching	Wednesday, February 12	10 am- 12 pm	Mandatory Full Attendance on your Scheduled Day/Time
	Thursday, February 13	5-7pm	Mandatory Full Attendance on your Scheduled Day/Time
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8 am-5 pm CT Mon-Fri		Practice Coaching 1:1 with Mentor
Session 6	February 14- February 23		Building the Coaching Relationship
Live Discussion	Wednesday, February 19	10 am-12 pm OR	
	Thursday, February 20	5-7 pm	
Session 7	February 21 – March 2		Transforming Values and Desires into Action: Goal Setting and Action Planning
Live Discussion	Wednesday, February 26	10 am-12 pm OR	
	Thursday, February 27	5-7 pm	
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8 am-5 pm CT Mon-Fri		Practice Coaching 1:1 with Mentor

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Session 8	February 28 – March 9		Essential Healthy Lifestyle Guidelines and Health Literacy
"Coach Me" Peer Coaching	Wednesday, March 5	10 am- 12 pm	Mandatory Full Attendance on your Scheduled Day/Time
	Thursday, March 6	5-7 pm	Mandatory Full Attendance on your Scheduled Day/Time
Session 9	March 7 – March 16		Supporting Lasting Change and Facilitating Closure
Live Discussion	Wednesday, March 12	10 am-12 pm OR	
	Thursday, March 13	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 14 – March 23		Ethics, Systems and Resources
	There are no live webinars this week. Listen to the recordings.		
Session 11	March 21 – March 30		Self-Care
Live Discussion	Wednesday, March 26	10 am-12 pm OR	
	Thursday, March 27	5-7 pm	
Session 12	March 28 – April 6		Integrating Your Skills for the Future
"Coach Me" Peer Coaching	Wednesday, April 2	10 am-12 pm	Mandatory Full Attendance on your Scheduled Day/Time
	Thursday, April 3	5-7 pm	Mandatory Full Attendance on your Scheduled Day/Time
Final Exam in Brightspace	To be taken between March 28-April 4*		The written exam is housed in Brightspace. *You will have until Friday, April 4 at 12:00 pm central standard time to take the exam. This must be completed in one sitting. More information on the exam will be provided during the course.
Practical Skills Assessment (PSA) Calls	April 7 – May 9		
			<p>Your PSA will be scheduled in Brightspace and your instructor team will be sharing more information about when and how to schedule this 35-minute session.</p> <p>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 a</p>

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			trained Wellness Coach by the Mayo Clinic and eligible to begin your Practice Coaching Hours for Mayo Clinic and/or the NBHWC.
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