

SAMPLE SCHEDULE: Live Weekly Learning Sessions

*Finalized cohort-specific schedules will be available upon acceptance into the course.
All events are held in the Central time zone*

Pre-Course Welcome Webinar	Typically the Monday prior to the Friday start date 12-1pm
Session 1	Introduction to Wellness Coaching
Live Discussion	Wednesday 10 am-12 pm OR
<i>Attend your assigned date (selection made after registration)</i>	Thursday 5-7 pm
Session 2	What is Wellness?
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Session 3	The Coaching Conversation
INTENSIVE (LIVE Virtual Training) ALL FIVE full days are MANDATORY attendance and participation	Monday-Friday 8:30am-4:30 pm
Session 4	Case Studies/Neurobiology and Self-Regulation
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Session 5	Setting the Stage for the Wellness Coaching Process
“Coach Me” Peer Coaching	Wednesday 10 am-12 pm OR
Mandatory Full Attendance on your assigned Day/Time	Thursday 5-7 pm
Mentor Coaching 1:1 Calls	Scheduled with Mentor 8am-5pm Monday-Friday Practice Coaching 1:1 with Mentor
Session 6	Building the Coaching Relationship
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Mentor Coaching 1:1 Calls	Practice Coaching 1:1 with Mentor
Session 7	Transforming Values and Desires into Action: Goal Setting and Action Planning
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Mentor Coaching 1:1 Calls	Practice Coaching 1:1 with Mentor

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Session 8	Essential Healthy Lifestyle Guidelines and Health Literacy
“Coach Me” Peer Coaching	Wednesday 10 am-12 pm OR
Mandatory Full Attendance on your assigned Day/Time	Thursday 5-7 pm
Mentor Coaching 1:1 Calls	Practice Coaching 1:1 with Mentor
Session 9	Supporting Lasting Change and Facilitating Closure
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Mentor Coaching 1:1 Calls	Practice Coaching 1:1 with Mentor
Session 10	Self-Care
Mentor Coaching 1:1 Calls	Practice Coaching 1:1 with Mentor
Session 11	Ethics, Systems and Resources
Live Discussion	Wednesday 10 am-12 pm OR
	Thursday 5-7 pm
Session 12	Integrating Your Skills for the Future
“Coach Me” Peer Coaching	Wednesday 10 am-12 pm OR
Mandatory Full Attendance on your assigned Day/Time	Thursday 5-7 pm
Final Exam in Brightspace	
Practical Skills Assessment (PSA) Calls	Your PSA is scheduled as you are completing the course and will take place during the 3-4 week window following Session 12’s completion.