Course Schedule: January 6 through April 30, 2027

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	**Wednesday, January 6, 2027**	**10 am–11 am**	**Welcome and Course Kickoff**
	Thursday, January 7, 2027	**4-5 pm**	
Session 1	**January 8–17**		**Introduction to Wellness Coaching**
Live Webinars	**Wednesday, January 13, 2027 OR Thursday, January 14, 2027**	**10 am–12 pm or 4–6 pm**	Attend your assigned day as listed in Brightspace.
Session 2	**January 18–21**		**The Coaching Conversation**
Immersive (LIVE Virtual Training)	**Monday–Thursday January 18–21, 2027**	**8:30 am–4:30 pm**	**Mandatory Full Attendance**
Session 3	**January 22–31**		**Building the Coaching Relationship**
Live Webinars	**Wednesday, January 27, 2027 OR Thursday, January 28, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Session 4	**January 29–February 7**		**Setting the Stage for Wellness Coaching**
Peer Coaching	**Wednesday, February 3, 2027 OR Thursday, February 4, 2027**	**10 am–12 pm OR 4–6 pm**	**Mandatory Full Attendance on your scheduled day/time.**
Mentor Coaching 1:1 Calls (Session #1)	Scheduled with instructors	8 am – 5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 5	**February 5–14**		**Exploring What Matters and Why**
Live Webinars	**Wednesday, February 10, 2027 OR Thursday, February 11, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Mentor Coaching 1:1 Calls (Session #1)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 6	**February 12–21**		**Transforming Values and Desires into Action**
Live Webinars	**Wednesday, February 17, 2027 OR Thursday, February 18, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Mentor Coaching 1:1 Calls (Session #1)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 7	**February 19–28**		**Follow-up Conversations**
Live Webinars	**Wednesday, February 24, 2027 OR**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.

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	Thursday, February 25, 2027		
Mentor Coaching 1:1 Calls (Session #2)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 8	**February 26–March 7**		**Supporting Sustaining Change**
Peer Coaching	**Wednesday, March 3, 2027 OR Thursday, March 4, 2027**	**10 am–12 pm OR 4–6 pm**	**Mandatory Full Attendance on your scheduled day/time.**
Mentor Coaching 1:1 Calls (Session #2)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 9	**March 5–14**		**Navigating Common Coaching Situations**
Live Webinars	**Wednesday, March 10, 2027 OR Thursday, March 11, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Mentor Coaching 1:1 Calls (Session #2)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 10	**March 12–21**		**The Whole You: Health and Wellness Topics**
Peer Coaching	**Wednesday, March 17, 2027 OR Thursday, March 18, 2027**	**10 am–12 pm OR 4–6 pm**	**Mandatory Full Attendance on your scheduled day/time.**
Mentor Coaching 1:1 Calls (Session #3)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 11	**March 19–28**		**The Whole You: Health and Wellness Topics**
Live Webinars	**Wednesday, March 24, 2027 OR Thursday, March 25, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Mentor Coaching 1:1 Calls (Session #3)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor
Session 12	**March 26–April 4**		**The Whole You: Health and Wellness Topics**
Live Webinars	**Wednesday, March 31, 2027 OR Thursday, April 1, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Mentor Coaching 1:1 Calls (Session #3)	Scheduled with instructors	8 am–5 pm CT, Mon–Fri	Practice Coaching 1:1 with Mentor

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Session 13	April 2– 11		Integrating Your Skills for the Future
Live Webinars	**Wednesday, April 7, 2027 OR Thursday, April 8, 2027**	**10 am–12 pm OR 4–6 pm**	Attend your assigned day as listed in Brightspace.
Final Written Exam in Brightspace	April 2-9, 2027		The written exam is housed in Brightspace and must be completed in one sitting. More information will be provided during the course.
Practical Skills Assessment (PSA) Calls	**April 12-May 7, 2027**	**5 weeks**	
	PSA 1: April 12 - 30 **PSA 2: April 26 - May 7 (if needed)**		**Your PSA will be scheduled in Brightspace, and your instructor team will share more information about when and how to schedule this 35-minute session.** **After successfully completing your Practical Skills Assessment (PSA), you will receive an email from the Mayo Clinic Health and Wellness Coach Training Program containing your Certificate and Letter of Completion.** **The Certificate and Letter of Completion verify that you have successfully completed the Mayo Clinic Health and Wellness Coach Training Program. Completion of an NBHWC-approved training program is one component of the requirements established by NBHWC for individuals seeking board certification. Candidates are responsible for reviewing and meeting all current NBHWC eligibility requirements.**