

Wellness Course Training Outline

Pre-course Call	Introduction: Wellness Coach Training Program and Preparation for Blackboard Learn®
Session 1	Introduction: Wellness Coaching Program and Blackboard Basics
Session 2	Overview of Wellness Coaching
Session 3	The Coaching Conversation Onsite Component – 4 Days Mandatory Participation in Rochester, MN
Session 4	Neurobiology and Self-Regulation
	Peer Coaching Begins
Session 5	Setting the Stage for the Wellness Coaching Experience
Mid-Course Conference Call	Specialty Skills in the Wellness Coaching Conversation
Session 6	Building the Coaching Relationship
	Live Webinar: Fostering an Experimental Mindset in Weight Management
Session 7	Transforming Values and Desires into Action: Goal Setting and Action Planning
Session 8	Essential Healthy Lifestyle Guidelines and Health Literacy
	Live Webinar: Nutrition and Physical Activity in Health and Wellness
Session 9	Supporting Lasting Change and Facilitating Closure
Session 10	Ethics, Systems and Resources
	Live Webinar: Building Resiliency and Reducing Stress for Wellness Coaching
Session 11	Self-Care
Session 12	Integrating Your Skills for the Future