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Indevelopment
Urgent

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Day	Date	Time	Topics & Content	PPT	Content Summary	Faculty	Workbook Page	Notes
Sat	18-Oct	4 hours	Overview of Course					
			Introductions					
			Advance Skills (Interupt/redirect, metaphor, etc)					
			What is Health and Wellness Coaching					
			Next Steps/Coaching Practices					
		Async	Watch Mindful Communication					
			Watch Video of Stages Of Change					
Thurs	23-Oct	3 Hours	Value Conflict					
			Coaching Competency Skills					
			Intro to Stage One					
		Async	Watch Demo					
			Complete a Practice Session					
			Quiz 1					
			Journal Activity					
Thurs	30-Oct	3 Hours	Coaching Skills (EPE, Brainstorming, Reflections, Etc.)					
			Stage 2 overview					
		Async	Watch Demo					
			Complete a Practice Session					
			Journal Activity					
			Quiz 2					
Thurs	6-Nov	3 Hours	Advance Skills (Interupt/redirect, metaphor, etc)					
			Stage 3 Overview					
		Async	Watch Demo					
			Complete a Practice Session (recorded)					
			Journal Activity					
			Quiz 3					
Thurs	13-Nov	3 Hours	Overcoming Biases/Trauma Informed Practice					
			Stage 4 Overview					
		Async	Complete a Practice Session (recorded)					
			Journal Activity					
			Quiz 4					
Thurs	20-Nov	3 Hours	Resilience, burnout, & Compassion Fatigue					
			Coaching Around the Stages of Change					
			When and How to Refer					
		Async	Set up feedback sessions with faculty					
			Watch video on words that hard vs words that heal					
			Watch Video on Championing vs Cheerleading					
Thurs	4-Dec	3 Hours	Coaching Paperwork/document					
			Scope of Practice/Ethics/Legal					
			Future of Coaching					
		Async	Review and Journal on Content Outline					
			Quiz 5					
			Review Health & Wellness Fact Sheet					
Thurs	11-Dec	3 Hours	5 Min Session					
			How to Incorporate as a Leader					
			Creating a healthplan for business					
		Async	Submit a video of a 5 min session					
			Journal Activity (how to incorporate health and wellness)					
			Review Lifestyle Medicine Website (follow by quiz)					
Thurs	18-Dec	3 Hours	Coaching Thoeries					
			Motivation Interviewing					
		Async	Watch videos on Health Diseases					
Thurs	Async	3 Hours	Evaluation Week (what to expect)					
			Triad with Faculty					
		Async	Quiz 6					
			VIA Strength Assessment					
Thurs	Async	3 Hours	Emotional Intelligence					
			Strength Based Assessment					
			Learning other health modalities					
		Async	Quiz 7					
			Journal on Continuing Educaiton					
Thurs	Async	3 Hours	Other Forms of Coaching (initial/ongoing 40 mins, ICF, Etc)					
			Incorporation of coaching skills					
		Async	Practice Exam (150 questions)					
			Journal on Exam Expeirince and potential resources needed					
Thurs	20-Dec	3 Hours	Follow up on Course requirements					
			Next steps for your career					
			Grow With the Wellness Effect					
		Async	Review resources developed overtime for careers/busienss/next steps					
Sat	20-Dec	4 Hours	Overview of the journey					
			Brekouts in groups					
			Panel for queslotns					
			Closing and Graduation					
		Async	Apply for exam/establish study routine					