

## MAYO CLINIC WELLNESS COACH TRAINING PROGRAM COURSE SCHEDULE

**Note: Webinar times subject to possible changes. All events are held in the Central Standard time zone.**

<b>Pre-course: Welcome Webinar</b>		
	Tuesday or Thursday prior to the Friday start date	12-1 pm
<b>Session 1</b>		
Homework Live Discussion NOTE- For multiple options- pick <b>ONE</b>	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
<b>Session 2</b>		
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
<b>Session 3</b>		
<b>INTENSIVE (LIVE Virtual Training) ALL four full days are considered MANDATORY attendance and participation</b>	<b>Monday-Thursday</b>	<b>8-5:30 pm</b>
<b>Session 4</b>		
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
Peer Coaching	Scheduled with Peer Group	
<b>Session 5</b>		
"Coach Me" Skill Practice Webinar	Tuesday	11-1pm
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri	
<b>Session 6</b>		
Health and Wellness: Webinar	Tuesday	11-1pm
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
<b>Session 7</b>		
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
Mentor Coach Observes Peer Group Call	Scheduled with Instructors 8am-5pm CT Mon-Fri	
<b>Session 8</b>		
"Coach Me" Skill Practice Webinar	Tuesday	11am-1pm
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
<b>Session 9</b>		
Homework Live Discussion	Wednesday <b>OR</b>	10-12 pm <b>OR</b>
	Thursday	5-7pm
Mentor Coaching 1:1 Calls	Scheduled with Instructors 8am-5pm CT Mon-Fri	
<b>Session 10</b>	<b>No LIVE Sessions</b>	

**MAYO CLINIC WELLNESS COACH TRAINING PROGRAM  
COURSE SCHEDULE**

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<b>Session 11</b>		
Homework Live Discussion	Wednesday OR	10-12 pm <b>OR</b>
	Thursday	5-7pm
Peer Coaching	Scheduled with Peer Group	
<b>Session 12</b>		
"Coach Me" Skill Practice Webinar	Tuesday	11-1pm
<b>Final Exam in Blackboard</b>		
<b>Practical Skills Assessment (PSA) Calls</b>		
	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.	