**Lifestyle Coach Training Agenda**

**DAY 1**

10:00 – 10:30  Welcome & Introductions

10:30 – 11:00  The National Diabetes Prevention Program:
   Background and Rationale
   Program Goals & Structure

11:00-12:15  Curriculum Overview and Use of Tracking Resources
   Resources and Logs
   Months 1-6/Lessons 1-16

12:15-1:00  Lunch, provided

1:00 – 1:40  What Does It Mean to be a Lifestyle Coach?
   Language of the Coach
   Ground Rules
   Role of the Lifestyle Coach

1:40 – 2:25  Group Facilitation
   Facilitation Basics
   Facilitation Techniques

2:25 – 3:10  Optimizing Behavior Change

3:10 – 3:20  Break

3:20 – 4:00  Action Planning

4:00 – 4:45  Review and Feedback on Food Records
   Common Themes
   Providing Feedback

4:45 – 5:00  Homework Assignments & Wrap-Up

**DAY 2**

9:00 – 9:15  Morning Refreshments and Welcome

9:15 – 11:30  Session Facilitation Practice by coach trainees

11:30 – 12:15  Lunch

12:15 – 1:00  Curriculum Overview
   Months 7-12, Participant Challenges and Engagement

1:00 – 1:45  Planning for your first lifestyle change program
   Capacity Assessment, Program Recognition, Data Reporting

1:45 – 2:00  Technical Assistance

2:00 – 2:15  Final Discussion & Wrap-up