



## National Diabetes Prevention Program Group Coaching Certificate Program

2025 Schedule | Wednesday Group | Starts at 12:00 PM EDT

| Week | Date  | Time                 | Module | Module Title                                                                                             | Class Length |
|------|-------|----------------------|--------|----------------------------------------------------------------------------------------------------------|--------------|
| 1    | 8/27  | 12:00 – 2:00 PM EST  | 0      | Orientation                                                                                              | 120 minutes  |
| 2    | 9/3   |                      | --     | NO CLASS                                                                                                 |              |
| 3    | 9/10  | 12:00 – 1:30 PM EST  | 1      | Introduction: Welcome to the National Diabetes Prevention Program Group Coaching Certificate Program (1) | 90 minutes   |
| 4    | 9/17  | 12:00 – 1:30 PM EST  | 2      | Building Rapport, Trust, & Intimacy, and Creating Coaching Presence (2)                                  | 90 minutes   |
| 5    | 9/24  | 12:00 – 1:30 PM EST  | 3      | Body Language (3)                                                                                        | 90 minutes   |
| 6    | 10/1  | 12 :00 – 2:00 PM EST | 4 & 5  | Active Listening (4) & Open Questioning (5);                                                             | 120 minutes  |
| 7    | 10/8  | 12:00 – 2:00 PM EST  | 6      | Reflecting (6)                                                                                           | 120 minutes  |
| 8    | 10/15 |                      | --     | NO CLASS                                                                                                 |              |
| 9    | 10/22 | 12:00 – 2:00 PM EST  | 7 & 8  | Affirming (7); Summarizing (8)                                                                           | 120 minutes  |
| 10   | 10/29 | 12:00 – 1:30 PM EST  | 9      | Refocusing and Reframing (9)                                                                             | 90 minutes   |
| 11   | 11/5  | 12 :00 – 1:30 PM EST | 10     | Sharing Knowledge and Information (10)                                                                   | 90 minutes   |
| 12   | 11/12 | 12:00 – 1:30 PM EST  | 11     | Powerful Questioning (11)                                                                                | 90 minutes   |
| 13   | 11/19 | 12:00 – 1:00 PM EST  | 12     | Providing Context and Managing Expectations (12)                                                         | 60 minutes   |
| 14   | 11/26 |                      | --     | NO CLASS – THANKSGIVING WEEK                                                                             |              |
| 15   | 12/3  | 12:00 – 1:30 PM EST  | 13     | Encouraging Engagement and Group Participation (13)                                                      | 90 minutes   |
| 16   | 12/10 | 12:00 – 2:00 PM EST  | 14     | Managing Challenging Participant Behaviors (14)                                                          | 120 minutes  |
| 17   | 12/17 | 12:00 – 1:30 PM EST  | 15     | Modulating Group Energy and Emotions (15)                                                                | 90 minutes   |
| 18   | 12/24 |                      | --     | NO CLASS – HOLIDAY BREAK                                                                                 |              |
| 19   | 12/31 |                      | --     | NO CLASS – HOLIDAY BREAK                                                                                 |              |
| 20   | 1/7   |                      | --     | NO CLASS – HOLIDAY BREAK                                                                                 |              |
| --   | --    | --                   | --     | Happy New Year 2026                                                                                      | --           |
| 21   | 1/14  | 12:00 – 2:00 PM EST  | 16     | Goal Setting (16)                                                                                        | 120 minutes  |
| 22   | 1/21  | 12:00 – 1:00 PM EST  | 17     | Self-Monitoring (17)                                                                                     | 60 minutes   |
| 23   | 1/28  | 12:00 – 2:00 PM EST  | 18     | Problem-Solving (18)                                                                                     | 120 minutes  |



|           |      |                      |                    |                                           |             |
|-----------|------|----------------------|--------------------|-------------------------------------------|-------------|
| <b>24</b> | 2/4  | 12:00 – 1:30 PM EST  | <b>19</b>          | Positive Thinking (19)                    | 90 minutes  |
| <b>25</b> | 2/11 | 12:00 – 2:00 PM EST  | <b>20 – Part 1</b> | Increasing Motivation ( <b>20, pt.1</b> ) | 120 minutes |
| <b>26</b> | 2/18 |                      |                    | NO CLASS                                  |             |
| <b>27</b> | 2/25 | 12:00 – 2:00 PM EST  | <b>20 – Part 2</b> | Increasing Motivation ( <b>20, pt.2</b> ) | 120 minutes |
| <b>28</b> | 3/4  | 12 :00 – 1:30 PM EST | <b>21</b>          | Building Confidence (21)                  | 90 minutes  |
| <b>29</b> | 3/11 | 12:00 – 1:00 PM EST  | <b>22</b>          | Enhancing Commitment (22)                 | 60 minutes  |
| <b>30</b> | 3/18 | 12:00 – 1:30 PM EST  | <b>23</b>          | Enhancing Social Support (23)             | 90 minutes  |
| <b>31</b> | 3/25 | 12:00 – 1:30 PM EST  | <b>24</b>          | Advancing Stage of Change (24)            | 90 minutes  |
| <b>32</b> | 4/1  | 12:00 – 2:00 PM EST  | <b>25</b>          | Managing Progress (25)                    | 120 minutes |
| <b>33</b> | 4/8  | 12:00 – 1:30 PM EST  | <b>26</b>          | Program Summary (26)                      | 90 minutes  |
|           |      |                      | <b>NO CLASS</b>    | Complete Evaluation and Exam in CDC Train |             |