



**PIVOT X Coach Training** is happy to customize training for groups of 6 or more.

Please share your coach training needs at [training@pivotxcoachtraining.com](mailto:training@pivotxcoachtraining.com)

January & February 2026		Dates and Times	
4 Week: January 14 – February 4 <sup>th</sup> , 2026		Wednesdays, 7:30pm – 9:30pm EDT (4 sessions)	
4 Week: February 10 <sup>th</sup> – March 12 <sup>th</sup> , 2026 - <b>SPANISH</b>		Tues. / Thurs.; 10:00 AM – 11:00 AM EDT (10 sessions)	
4 Week: February 10 <sup>th</sup> – March 5 <sup>th</sup> , 2026		Tues. / Thurs.; 12:00 PM – 1:00 PM EDT (8 sessions)	
Advanced Coach Training			
Improving Coaching Presence		Examine your coaching presence to boost participant outcomes. Learn to foster autonomy and meet participants where they are. Topics include cultivating positivity, affirming without cheerleading, and avoiding pitfalls.	
Demonstrating More Empathy		Explore what empathy is, why it matters, and how to avoid common pitfalls. Learn simple steps to help participants feel truly heard and supported in their progress.	
Motivational Interviewing Strategies, Pt. 1		Discover tools to help participants uncover their own reasons for change. Topics: Autonomy, Fixing Reflex, Four Elements of MI, Ambivalence & Change Talk	
Motivational Interviewing Strategies, Pt. 2		Discover tools to help participants uncover their own reasons for change. Topics: Intrinsic Motivation, Importance/Confidence Rulers, Sharing Information, Vision Work	
Coaching Through Weight Loss Plateaus		Learn why plateaus happen and explore strategies to help participants stay motivated and move forward during challenging times.	
GLP-1 Meds: What the Lifestyle Coach Needs to Know		Millions of Americans are embracing GLP-1 and GIP-R medications like Ozempic, Wegovy, and Mounjaro for weight loss, improved blood sugar management, and other health benefits. As a National DPP Lifestyle Coach, understanding how these medications impact participants is essential for your coaching practice.	
You Have Arrived: Navigating Health Inequities, Part 1		Presented by Sade Meeks MS, RD of GRITS, Inc. The objective of this 2-part series is to increase understanding of root causes that lead to the social determinants of health.	
You Have Arrived: Navigating Health Inequities, Part 2		Presented by Sade Meeks MS, RD of GRITS, Inc. The objective of this 2-part series is to increase understanding of root causes that lead to the social determinants of health.	
Continuous Glucose Monitor: Tool for the National DPP		Learn how a CGM could be useful for helping participants modify lifestyle behaviors. An evidence-based review of how CGMs work including Time-in-Range, how TIR correlates to A1C, and what foods and behaviors can impact blood sugar levels.	
PIVOT X Coach Training Landing page: <a href="https://www.pivotxcoachtraining.com/lifestyle-coach-training">https://www.pivotxcoachtraining.com/lifestyle-coach-training</a>			