

Course Topics & Schedule

Weeks	Topics	Day	Time	Instructor(s)
Week 1	Inclusive Coaching, Coaching Presence, Listening Skills, and Mindfulness	Wednesday, March 6, 2024	6-9pm ET	Gregory O'Neill, PCC and Dr. Cherie Kroh, NBC-HWC
Week 2	Neuroplasticity, Brain Science, Skill Identification	Wednesday, March 13, 2024	6-8pm ET	Gregory O'Neill, PCC and Dr. Cherie Kroh, NBC-HWC
	Saturday Coaching Practice #1	Saturday, March 16, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 3	Emotional Intelligence, Empathy, and Growth Mindset, Creating a Reflective Practice	Wednesday, March 20, 2024	6-8pm ET	Gregory O'Neill, PCC and Dr. Cherie Kroh, NBC-HWC
	Saturday Coaching Practice #2	Saturday, March 23, 2024	10-12 ET	Susanne Thomas, MAT, NBC-HWC
Week 4	What Makes a Great Coach, Coaching Mindset, and Personal Growth and Development in Coaching	Wednesday, March 27, 2024	6-8pm ET	Gregory O'Neill, PCC and Dr. Cherie Kroh, NBC-HWC
Week 5	Emotional Intelligence, MI Spirit, and Coaching Structure/MI Tasks	Wednesday, April 3, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	JEDI Workshop #1: Health Equity, Social Determinants of Health, History of Racism and Healthcare in the U.S.	Saturday, April 6, 2024	10-1pm ET	Freddi Brown, BBA, NBC-HWC

Week 6	Anatomy of a Coaching Session and Health Assessments	Wednesday, April 10, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	Saturday Coaching Practice #3	Saturday, April 13, 2024		
Week 7	Coaching Structure, VIA Strengths, Values and Beliefs *Skills Assessment	Wednesday, April 17, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
Week 8	Motivational Interviewing and Behavior Change Theory	Wednesday, April 24, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	Saturday Coaching Practice #4	Saturday April 27, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 9	Motivational Interviewing and Behavior Change Theory	Wednesday, May 1, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	JEDI Workshop #2: Systems of Power and Oppression, Conscious and Unconscious Bias, Privilege,	Saturday, May 4, 2024	10-1pm ET	Freddie Brown, BBA, NBC-HWC
Week 10	Non-judgement, Humility, Intuition	Wednesday, May 8, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
Week 11	Motivational Interviewing and Coaching Tools *Skills Assessment	Wednesday, May 15, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
		Saturday, May 18,	10-12pm ET	

	Saturday Coaching Practice #5	2024		Susanne Thomas, MAT, NBC-HWC
Week 12	Motivational Interviewing and Coaching Tools	Wednesday, May 22, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	Saturday Coaching Practice #6	Saturday, May 25, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 13	Motivational Interviewing and Positive Psychology	Wednesday, May 29, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
Week 14	Motivational Interviewing, Rulers, and Decisional Balance	Wednesday, June 5, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	JEDI Workshop #3: Cultural Humility, Self-Awareness, and Crafting your JEDI Journey	Saturday, June 8, 2024	10-1pm ET	Freddie Brown, BBA, NBC-HWC
Week 15	Motivational Interviewing, Trauma-informed Coaching, and Mental Health *Skills Assessment	Wednesday, June 12, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
	Saturday Coaching Practice #7	Saturday, June 15, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 16	Coaching in Healthcare, Electronic Medical Records, and Lifestyle Medicine	Wednesday, June 19, 2024	6-8pm ET	Susanne Thomas, MAT, NBC-HWC and Dr. Cherie Kroh, NBC-HWC
Week 17	Health and Wellbeing and Chronic Disease	Wednesday, June 26, 2024	6-8pm ET	Susanne Thomas, MAT, NBC-HWC and Dr. Cherie Kroh, NBC-HWC

	Saturday Coaching Practice #8	Saturday, June 29, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 18	Health and Wellbeing and Chronic Disease	Wednesday, July 10, 2024	6-8pm ET	Susanne Thomas, MAT, NBC-HWC and Dr. Cherie Kroh, NBC-HWC
	Saturday Coaching Practice #9	Saturday, July 13, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC
Week 19	Ethics in Coaching and Scope of Practice *Skills Assessment #4	Wednesday, July 17, 2024	6-8pm ET	Leslie M. Atley, NBC-HWC
Week 20	HIPAA	Wednesday, July 24, 2024	6-8pm ET	Dr. Cherie Kroh, NBC-HWC
	Saturday Coaching Practice #10	Saturday, July 27, 2024	10-12pm ET	Susanne Thomas, MAT, NBC-HWC



INCLUSIVE HEALTH COACH
The Human Side of Health Coaching

