



# October 2026 Syllabus

## Professional Health and Wellness Coaching Program

<b>Live Class Calls</b> <b>Tuesdays 5:00-7:00pm PT</b> <b>Or</b> <b>Thursdays 9:00-11:00am PT</b>			
Week	Date	Topic(s)	Assignments
<b>Module 1</b>			
1	10/5-10/11/26	Introduction to Coaching	
2	10/12-10/18/26	Client Centered Relationship Trust & Rapport	
3	10/19-10/25/26	Active Listening & Presence	
4	10/26-11/1/26	Client Emotions & Energy	Module 1 Assignment Due 11/1
<b>Module 2</b>			
5	11/2-11/8/26	Expand the Conversation	
6	11/9-11/15/26	Reflections	
7	11/16-11/22/26	Coach Preparation Prior to Session (Coaching Structure)	Week 7 Client #1 Assignment Due 11/22
	11/23-11/29/26	Break	
8	11/30-12/6/26	Goals and implementing action	Week 8 Client #1 Assignment Due 12/6  Module 2 Assignment Due 12/6

Module 3			
9	12/7-12/13/26	Client Intake Forms (Coaching Structure)	Week 9 Client #1 Assignment Due 12/13
10	12/14-12/20/26	Initial Coaching Session (Coaching Structure)	Week 10 Client #1 Assignment Due 12/20
	12/21-12/27/26	Break	
	12/28-1/3/27	Break	
11	1/4-1/10/27	Follow-up Coaching Sessions (Coaching Structure)	Week 11 Client #1 Assignment due 1/10
12	1/11-1/17/27	Coaching Mentor Session #1	No class call (coaching mentor session)
13	1/18-1/24/27	Focus and refocus the conversation	
14	1/25-1/31/27	Coaching Mentor Session #2	No class call (coaching mentor session)
Module 4			
15	2/1-2/7/27	Client's freedom of choice, autonomy, & intrinsic motivation	Week 15 Client #1 Assignment Due 2/7
16	2/8-2/14/27	Client awareness, perspective shifts, and insights	Week 16 Client #2 Assignment Due 2/14
17	2/15-2/21/27	Client self-efficacy & improve support	Week 17 Client #1 Assignment Due 2/21
18	2/22-2/28/27	Coaching Models	Week 18 Client #1 Video Upload Assignment Due 2/28
19	3/1-3/7/27	Coaching Mentor Session #3	Week 19 Client #2 Assignment Due 3/7
Module 5			

20	3/8-3/14/27	Client active experimentation and self-discovery	Commence Client #3
21	3/15-3/21/27	Increase positive psychological resources	
22	3/22-3/28/27	Final coaching session	Week 22 Client #2 Assignment and Video Upload
23	3/29-4/4/27	Coaching Mentor Session #4	
<b>Module 6</b>			
24	4/5-4/11/27	Professional conduct	
25	4/12-4/18/27	Ethics & legal	
<b>Module 7</b>			
26	4/19-4/25/27	Health, health promotion and disease prevention, applying a whole person perspective	
27	4/26-5/2/27	Chronic disease	
28	5/3-5/9/27	Chronic disease Assist client to evaluate and integrate health information	Client #3 Due 5/2
29	5/10-5/16/27	Health behaviors, social and behavioral risk factors	
<b>Practical Skills Assessment</b>			
30	5/17-5/23/27	Coaching Mentor Session #4 (Practical Skills Assessment)	No class call
<b>Final Written Exam</b>			
30	5/24-5/30/27	Final Written Exam	No class call
<b>Happy Graduation!</b> Graduation Call Monday 5/31/27 5:00pm PT			
<b>Canvas Access Ends 5/31/27</b>			