

National DPP Lifestyle Coach Training 2025 Schedule



PIVOT X Coach Training is happy to customize training for groups of 8 or more.

Please share your coach training needs at training@pivotxcoachtraining.com

National DPP Lifestyle Coach Training

Month	Dates and Times
2026	
4 Week: January 14 – February 4th	Wednesdays, 7:30pm – 9:30pm EST (4 sessions)
4 Week: February 10th – March 5th	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	<i>Presented by Sade Meeks MS, RD of GRITS, Inc.</i> 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	<i>Presented by Sade Meeks MS, RD of GRITS, Inc.</i> 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: <https://www.pivotxcoachtraining.com/lifestyle-coach-training>