



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

2026 & 2027	Dates and Times
4 Week: Jan 13, Jan 20, Jan 27, Feb 3	Wednesdays, 3-5pm EDT (4 sessions)

Group Coach Training – CLICK HERE

Advanced Coach Training – CLICK HERE

The Power of Reflections: Enhancing Your Active Listening Skills	Learn more about reflections and how they can increase participant engagement. What types of reflections are coaches most likely to use? What are the main pitfalls related to reflections? This webinar includes many examples to help you enhance your active listening skills.
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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	Learn how best to support participants that are taking a GLP-1 medication.
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: https://www.pivotxcoachtraining.com/lifestyle-coach-training	