



## National Diabetes Prevention Program Group Coaching Certificate Program

2026 Schedule | Wednesday and Mon/Wed Group | Starts at 11:00 AM EDT

| Week | Date | Time                 | Module      | Module Title                                                                                             | Class Length |
|------|------|----------------------|-------------|----------------------------------------------------------------------------------------------------------|--------------|
| --   | --   | --                   | --          | Happy New Year 2026!                                                                                     | --           |
| 1    | 1/14 | 11:00 – 1:00 PM EST  | 0           | Orientation                                                                                              | 120 minutes  |
| 2    | 1/21 | 11:00 – 12:30 PM EST | 1           | Introduction: Welcome to the National Diabetes Prevention Program Group Coaching Certificate Program (1) | 90 minutes   |
| 3    | 1/28 | 11:00 – 12:30 PM EST | 2           | Building Rapport, Trust, & Intimacy, and Creating Coaching Presence (2)                                  | 90 minutes   |
| 4    | 2/4  | 11:00 – 12:30 PM EST | 3           | Body Language (3)                                                                                        | 90 minutes   |
| 5    | 2/11 | 11:00 – 1:00 PM EST  | 4 & 5       | Active Listening (4) & Open Questioning (5)                                                              | 120 minutes  |
| 6    | 2/18 | 11:00 – 1:00 PM EST  | 6           | Reflecting (6)                                                                                           | 120 minutes  |
| 7    | 2/25 | 11:00 – 1:00 PM EST  | 7 & 8       | Affirming (7); Summarizing (8)                                                                           | 120 minutes  |
| 8    | 3/4  | 11:00 – 12:30 PM EST | 9           | Refocusing and Reframing (9)                                                                             | 90 minutes   |
| 9    | 3/11 | 11:00 – 12:30 PM EST | 10          | Sharing Knowledge and Information (10)                                                                   | 90 minutes   |
| 10   | 3/18 | 11:00 – 12:30 PM EST | 11          | Powerful Questioning (11)                                                                                | 90 minutes   |
| 11   | 3/25 | 11:00 – 12:00 PM EST | 12          | Providing Context and Managing Expectations (12)                                                         | 60 minutes   |
| 12   | 4/1  | 11:00 – 12:30 PM EST | 13          | Encouraging Engagement and Group Participation (13)                                                      | 90 minutes   |
| 13   | 4/8  | 11:00 – 1:00 PM EST  | 14          | Managing Challenging Participant Behaviors (14)                                                          | 120 minutes  |
| 14   | 4/15 |                      |             | NO CLASS                                                                                                 |              |
| 15   | 4/20 | 11:00 – 12:30 PM EST | 15          | Modulating Group Energy and Emotions (15)                                                                | 90 minutes   |
| 16   | 4/22 | 11:00 – 1:00 PM EST  | 16          | Goal Setting (16)                                                                                        | 120 minutes  |
| 17   | 4/27 | 11:00 – 12:00 PM EST | 17          | Self-Monitoring (17)                                                                                     | 60 minutes   |
| 18   | 4/29 | 11:00 – 1:00 PM EST  | 18          | Problem-Solving (18)                                                                                     | 120 minutes  |
| 19   | 5/4  | 11:00 – 12:30 PM EST | 19          | Positive Thinking (19)                                                                                   | 90 minutes   |
| 20   | 5/6  | 11:00 – 1:00 PM EST  | 20 – Part 1 | Increasing Motivation (20, pt.1)                                                                         | 120 minutes  |
| 21   | 5/11 | 11:00 – 1:00 PM EST  | 20 – Part 2 | Increasing Motivation (20, pt.2)                                                                         | 120 minutes  |
| 22   | 5/13 | 11:00 – 12:30 PM EST | 21          | Building Confidence (21)                                                                                 | 90 minutes   |
| 23   | 5/18 | 11:00 – 12:00 PM EST | 22          | Enhancing Commitment (22)                                                                                | 60 minutes   |



|           |      |                      |                 |                                           |             |
|-----------|------|----------------------|-----------------|-------------------------------------------|-------------|
| <b>24</b> | 5/20 | 11:00 – 12:30 PM EST | <b>23</b>       | Enhancing Social Support (23)             | 90 minutes  |
| <b>25</b> | 5/27 | 11:00 – 12:30 PM EST | <b>24</b>       | Advancing Stage of Change (24)            | 90 minutes  |
| <b>26</b> | 6/1  | 11:00 – 1:00 PM EST  | <b>25</b>       | Managing Progress (25)                    | 120 minutes |
| <b>27</b> | 6/3  | 11:00 – 12:30 PM EST | <b>26</b>       | Program Summary (26)                      | 90 minutes  |
| <b>28</b> |      |                      | <b>NO CLASS</b> | Complete Evaluation and Exam in CDC Train |             |