



National Diabetes Prevention Program Group Coaching Certificate Program

2026 Schedule | Wednesday Group | Starts at 11:00 AM EDT

Week	Date	Time	Module	Module Title	Class Length
1	8/26	11:00 – 1:00 PM EST	0	Orientation	120 minutes
2	9/2	11:00 – 12:30 PM EST	1	Introduction: Welcome to the National Diabetes Prevention Program Group Coaching Certificate Program (1)	90 minutes
3	9/9	11:00 – 12:30 PM EST	2	Building Rapport, Trust, & Intimacy, and Creating Coaching Presence (2)	90 minutes
4	9/16	11:00 – 12:30 PM EST	3	Body Language (3)	90 minutes
5	9/23	11:00 – 1:00 PM EST	4 & 5	Active Listening (4) & Open Questioning (5);	120 minutes
6	9/30	11:00 – 1:00 PM EST	6	Reflecting (6)	120 minutes
7	10/7	11:00 – 1:00 PM EST	7 & 8	Affirming (7); Summarizing (8)	120 minutes
8	10/14			NO CLASS	
9	10/21	11:00 – 12:30 PM EST	9	Refocusing and Reframing (9)	90 minutes
10	10/28	11:00 – 12:30 PM EST	10	Sharing Knowledge and Information (10)	90 minutes
11	11/4	11:00 – 12:30 PM EST	11	Powerful Questioning (11)	90 minutes
12	11/11	11:00 – 1:00 PM EST	12	Providing Context and Managing Expectations (12)	60 minutes
13	11/18	11:00 – 12:30 PM EST	13	Encouraging Engagement and Group Participation (13)	90 minutes
14	11/25		--	NO CLASS – THANKSGIVING WEEK	
15	12/2	11:00 – 1:00 PM EST	14	Managing Challenging Participant Behaviors (14)	120 minutes
16	12/9	11:00 – 12:30 PM EST	15	Modulating Group Energy and Emotions (15)	90 minutes
17	12/16	11:00 – 1:00 PM EST	16	Goal Setting (16)	120 minutes
18	12/23		--	NO CLASS – HOLIDAY BREAK	
19	12/30		--	NO CLASS – HOLIDAY BREAK	
			--	Happy New Year 2027	
20	1/6	11:00 – 1:00 PM EST	17	Self-Monitoring (17)	60 minutes
21	1/13	11:00 – 1:00 PM EST	18	Problem-Solving (18)	120 minutes
22	1/20	11:00 – 12:30 PM EST	19	Positive Thinking (19)	90 minutes
24	1/27	11:00 – 1:00 PM EST	20 – Part 1	Increasing Motivation (20, pt.1)	120 minutes



25	2/3	11:00 – 1:00 PM EST	20 – Part 2	Increasing Motivation (20, pt.2)	120 minutes
27	2/10	11:00 – 12:30 PM EST	21	Building Confidence (21)	90 minutes
28	2/17	11:00 – 1:00 PM EST	22	Enhancing Commitment (22)	60 minutes
29	2/24	11:00 – 12:30 PM EST	23	Enhancing Social Support (23)	90 minutes
30	3/3	11:00 – 12:30 PM EST	24	Advancing Stage of Change (24)	90 minutes
31	3/10	11:00 – 1:00 PM EST	25	Managing Progress (25)	120 minutes
32	3/17	11:00 – 12:30 PM EST	26	Program Summary (26)	90 minutes
33	3/24		NO CLASS	Complete Evaluation and Exam in CDC Train	