



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



24	6/24		--	NO CLASS	
25	7/1		--	NO CLASS	
26	7/8	11:00 – 12:30 PM EST	21	Building Confidence (21)	90 minutes
27	7/15	11:00 – 12:00 PM EST	22	Enhancing Commitment (22)	60 minutes
28	7/22	11:00 – 12:30 PM EST	23	Enhancing Social Support (23)	90 minutes
29	7/29	11:00 – 12:30 PM EST	24	Advancing Stage of Change (24)	90 minutes
30	8/5	11:00 – 1:00 PM EST	25	Managing Progress (25)	120 minutes
31	8/12	11:00 – 12:30 PM EST	26	Program Summary (26)	90 minutes
			NO CLASS	Complete Evaluation and Exam in CDC Train	