

VIRTUAL - Diabetes Prevention Program (DPP) Lifestyle Coach Training

Thursdays, January 21, January 28, February 4, February 11

from 8:30am - 12:30pm

Virtual Lifestyle Coach Training includes:

- A four-week, LIVE virtual training designed around adult learning and health education principles
- Easy to understand guided coursework with individual touch points and built-in learning assessments
- Opportunities to practice facilitation and receive feedback from your Master Trainer
- Four virtual instructor-led prevention to practice sessions
- 16 hours of training that exceeds CDC training standards

Attendance is required at all four virtual training days for completion.

Cost: \$600.00 per person

What is a Diabetes Prevention Program Lifestyle Coach?

A person passionate about diabetes prevention who is equipped with the knowledge, skills and confidence to deliver a successful diabetes prevention program in their community.

Led by a Master Lifestyle Coach, this virtual live four-day, in-depth workshop guides you through CDC's PreventT2 curriculum and arms you with resources to lead your own successful prevention program.

The content will include:

- CDC-DPP Curriculum review
- The Roles and Responsibilities of a Lifestyle Coach
- Group Facilitation
- Motivational Interviewing
- Recruitment and Retention
- Data Collection
- Includes detailed information on program structure, goals, and curriculum.
- Lifestyle Coach Instructor Guide and complete copy of DPP Participant Manual provided.

TO REGISTER: CONTACT SUZANNE POVINELLI AT 248-849-2518

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REGISTRATION DEADLINE: January 12, 2021 in order to receive training materials

Payment is required prior to attendance and must be received by January 12, 2021