

Learning Opportunities for Lifestyle Coaches



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UPCOMING WEBINAR: *THE CHALLENGE OF CHANGE*

Date: July 12, 2017

Time: 12:00 – 1:30pm MT

Webinar description: Lifestyle Coaches facilitating the National Diabetes Prevention Program's (DPP) lifestyle change program know that everyone in their groups has their own path in making behavior changes. This webinar will explore behavior change and the challenges we all face when trying to make lifestyle changes.

Participants will first be exposed to a framework for understanding the complexity of behavior change and, within this framework, give considerations for how organizations and Lifestyle Coaches can optimize their role in supporting participants' weight loss and physical activity goals in the DPP. In the second half of the webinar, an experienced Lifestyle Coach will reflect about practical strategies that have helped participants move closer to their DPP goals. There will be time for question and answer at the end of the session.

Learning Objectives:

By the end of the webinar, the participant will be able to:

- Describe one aspect of behavior change as it relates to DPP participants
- List one behavior change strategy to support participant goals

Click here to register for this webinar: <http://www.cvent.com/d/y5q3zy>

This is a free webinar sponsored by the Utah Department of Health.