

INTRODUCTION: BUILDING A COACHING FOUNDATION

WEEK	THEME	OVERVIEW
1	Introduction	<ul style="list-style-type: none">• Orientation & introduction
2	Coaching foundations	<ul style="list-style-type: none">• What is a coach?• Outcome-based decision making• Client-centered coaching• Coaching for sustainability and longevity• Intro to the case-study/problem-solving format and weekly schedule• Measuring your own progress & self-development
3	Know yourself	<ul style="list-style-type: none">• Your coaching values• Your coaching identity• Your coaching goals
4	The mindful coach	<ul style="list-style-type: none">• Stress, recovery, and workload

PRODUCING COACHING KNOWLEDGE

WEEK	THEME	OVERVIEW
5	Active thinking	<ul style="list-style-type: none">• How to go from general theories to specific concepts• How to prioritize information & ideas
6	Measuring & assessing clients	<ul style="list-style-type: none">• Developing & using meaningful indicators & assessment tools
7	Measurement & assessment theories	<ul style="list-style-type: none">• Outcome-based decision making• Getting beyond nutritional dogma; how to test and evaluate nutritional paradigms, fads, theories, etc.• Types of metrics; when and where to apply them
8	Goal setting	<ul style="list-style-type: none">• Helping clients take action• The awesomeness-based coaching method and solution-focused therapy
9	Learning style – self	<ul style="list-style-type: none">• What are learning styles – and what's yours?
10	Learning style – clients	<ul style="list-style-type: none">• Identifying and assessing client learning styles• How to communicate key concepts and instructions for diverse learning styles

COACHING PSYCHOLOGY PART 1: THE EMBODIED COACH AND CLIENT

WEEK	THEME	OVERVIEW
11	Somatic psychology and the embodied self – coach	<ul style="list-style-type: none">Physical and embodied learning, somatic psychology; body awareness
12	Somatic psychology and the embodied self – client	<ul style="list-style-type: none">Building body awareness in clientsTeaching mindful & slow eating; 80% full; teaching client to recognize hunger signalsEmotion and client motivations
13	Self-compassion vs self-criticism – coach	<ul style="list-style-type: none">Compassion vs criticism; “impostor syndrome”Using assessment tools to identify triggers and habits
14	Self-compassion vs self-criticism – client	<ul style="list-style-type: none">Neurology of self-talkMindfulness and compassion: beyond a “positive attitude” towards meaningful action

COMMUNICATION IN COACHING

WEEK	THEME	OVERVIEW
15	Receiving nonverbal communication	<ul style="list-style-type: none">Building empathy & connecting with clients
16	Giving nonverbal communication	<ul style="list-style-type: none">Self-presentation; professionalism and courtesy in coaching
17	Coaching eating behavior	<ul style="list-style-type: none">Communicating clearly about eatingHow to talk so clients listen
18	Coaching movement	<ul style="list-style-type: none">Communicating clearly about coaching movement and physical activity
19	Making nutrition coaching fun	<ul style="list-style-type: none">How to assign goals and give feedback
20	When things get weird	<ul style="list-style-type: none">Dealing with client shame, fear, anxiety, defensiveness etc. around nutrition & exercise coachingIntroduction to disordered eatingWhen/how to refer out

FROM THEORY TO ACTION

WEEK	THEME	OVERVIEW
21	Coaching for change: Change talk	<ul style="list-style-type: none">• Motivational interviewing & change talk
22	Coaching for change: managing resistance	<ul style="list-style-type: none">• Dealing with resistance; when to fire clients
23	Habit-based coaching: action plans	<ul style="list-style-type: none">• Preparing your clients for action; clearing obstacles and limiting factors
24	Habit-based coaching: individualization	<ul style="list-style-type: none">• Special populations and individualizing programming
25	Journals and record-keeping	<ul style="list-style-type: none">• Collecting and interpreting client data
26	Disordered eating	<ul style="list-style-type: none">• Disordered eating and “food addiction”: what does “normal eating” look like?

SHAPING THE PATH

WEEK	THEME	OVERVIEW
27	Shaping the path: Environment	<ul style="list-style-type: none">• The role of the social and physical environment
28	Shaping the path: Time	<ul style="list-style-type: none">• Getting the most out of limited time and coaching sessions• Building the proactive client

COMMUNICATION FOR CHANGE

WEEK	THEME	OVERVIEW
29	Crucial conversations	<ul style="list-style-type: none">• Building professional and personal relationships in coaching
30	Crucial conversations	<ul style="list-style-type: none">• Managing conflict and client emotions productively• Team-based work

COACHING PSYCHOLOGY 2: MENTAL SKILLS TRAINING

WEEK	THEME	OVERVIEW
31	Mental skills for coaches	<ul style="list-style-type: none">• Introduction to mental skills training• Positive self-talk; stress management
32	Mental skills for clients	<ul style="list-style-type: none">• Mental skills training for clients; enhancing client resilience
33	Proactivity	<ul style="list-style-type: none">• The proactive coach and client• Helping clients plan, schedule, and manage
34	Meal planning and prep	<ul style="list-style-type: none">• Meal plans that don't suck• Sharing the joy of food

WORKING IN THE REAL WORLD

WEEK	THEME	OVERVIEW
35	Complete coach, complex clients	<ul style="list-style-type: none">• Bringing your full self and skills to the job
36	Team-based work	<ul style="list-style-type: none">• Working within a large organization and a multi-disciplinary team• Working with clients' other care providers (e.g. doctors, physios)• When/how to refer out; what questions to ask/answer; what information to gather
37	Activity limitations	<ul style="list-style-type: none">• Working around activity limitation and medical issues• Regressing and simplifying habits
38	Food sensitivities	<ul style="list-style-type: none">• Dietary preferences and intolerances• Health & nutritional concerns of common dietary paradigms• GI health, immunity, and the enteric nervous system• The physiology of taste & food preferences
39	Supplementation 1	<ul style="list-style-type: none">• Appropriate supplementation use• Evidence-based recommendations and outcome-based decision making
40	Supplementation 2	<ul style="list-style-type: none">• Supplement & common drug use

POPULATION-BASED NUTRITION COACHING ACROSS THE LIFE CYCLE

WEEK	THEME	OVERVIEW
41	Sex differences 1: Introduction	<ul style="list-style-type: none">• The continuum of sex differences: Physiological individuality and shared features
42	Sex differences 2: Hormones & structure	<ul style="list-style-type: none">• Hormones and reproduction
43	Gender: Psychoneuroimmunology	<ul style="list-style-type: none">• “Deep health”, stress, and immunity
44	Gender: Behaviors, beliefs, and habits	<ul style="list-style-type: none">• Health behaviors• Work
45	Athletes 1	<ul style="list-style-type: none">• Athletic nutrition – special scenarios
46	Athletes 2	<ul style="list-style-type: none">• Athletic nutrition – inflammation and supplementation
47	Youth & family	<ul style="list-style-type: none">• Pregnancy and post-partum nutrition• Working with youth & families
48	Families and aging	<ul style="list-style-type: none">• Life stages & aging

BUILDING YOUR COACHING BUSINESS

WEEK	THEME	OVERVIEW
49	Building a coaching business	<ul style="list-style-type: none">• How to establish and grow an effective coaching business
50	Wrap up & review	<ul style="list-style-type: none">• Lifelong learning; growth mindset