

**Centers for Disease Control and Prevention
National Diabetes Prevention Program
Diabetes Prevention Recognition Program
Advanced Coach Training – Training Entities Exhibit**

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Slide 1: National DPP Webinar Welcome Slide

Welcome to the National Diabetes Prevention Program, National DPP, Advanced Coach Training Webinar Showcase: Training Entities Exhibit.

Slide 2: Objectives

Today, we'll provide an overview of the advanced training opportunities available from the training entities listed on the National DPP Customer Service Center to share information about the many offerings that are available to help Lifestyle Coaches meet the new advanced coach training requirement in the Diabetes Prevention Recognition Program Standards. Today's webinar is open to all organizations as we work together to support Lifestyle Coaches and build their capacity to help participants in the National DPP lifestyle change program achieve their goals.

The objectives for today's webinar are to: Review CDC's guidance from the Diabetes Prevention Recognition Program, or DPRP, Standards on advanced skills training for Lifestyle Coaches; Provide an introduction to the training entities listed on the

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National DPP Customer Service Center that offer advanced skills training for Lifestyle Coaches; And showcase the training entities' advanced skills training opportunities.

Slide 3: CDC Guidance on Advanced Coach Training

CDC Guidance on Advanced Coach Training

Slide 4: 2021 Diabetes Prevention Recognition Program Standards

New Advanced Coach Training Guidance

In the newly released DPRP Standards, there is an updated requirement on advanced coach training for Lifestyle Coaches and Program Coordinators. Lifestyle Coaches and Program Coordinators must complete at least two hours of advanced coach training each year.

Advanced coach training is defined as training beyond the required formal training for Lifestyle Coaches that builds on the foundational skills necessary for helping participants make effective lifestyle change. This training is limited to trainings provided by training entities that are listed on the National DPP Customer Service Center. These are the training entities that have a Memorandum of Understanding, or MOU, with

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CDC to provide training for National DPP Lifestyle Coaches. CDC works closely with the training entities as partners, working together to ensure the quality and effectiveness of the trainings provided.

Slide 5: Training Entities on the National DPP Customer Service Center

You can locate the list of training entities on the National DPP Customer Service Center website by going to the homepage: nationaldppcsc.cdc.gov. Navigate to the Training for your Lifestyle Coaches article by one of several ways: 1) Type the word 'training' in the search box and clicking on the Training for your Lifestyle Coaches article (it should come up first.) 2) Click on the Lifestyle Coach Resources tile on the homepage, click 'Identifying a Training Entity' and scroll down to the article. 3) Find the Training for your Lifestyle Coaches link on the right-hand side of the webpage in the Trending Resources section.

You will then see a full list of the training entities that have an MOU with CDC. You can click on the link for each training entity to learn more about the trainings they offer.

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The training entities have a variety of advanced training offerings available, from advanced facilitation techniques, participant engagement and retention, effective facilitation via distance learning, health equity, and more. You'll hear more about advanced training topics from the training entities during the remaining portion of this webinar, but let's take a moment to introduce them.

Slide 6: Training Entities that Offer Advanced Coach Training

The training entities listed here offer advanced coach training for Lifestyle Coaches and will be presenting in today's sessions. Their profiles on the Customer Service Center are being updated to include the advanced training information.

Slide 7: Building Successful and Sustainable Programs

Building Successful and Sustainable Programs

Slide 8: Association of Diabetes Care & Education Specialists

Hello! My name is Angela Forfia, and I'm the Senior Manager of Prevention for the Association of Diabetes Care & Education Specialists, or ADCES. ADCES is a national association of nurses, pharmacists, dietitians, and other providers who are

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advancing care for prediabetes and diabetes. Our national office is here in Chicago, but we have volunteer-powered affiliates working in states and cities across the country.

Since 2012, ADCES has worked to scale and sustain the National Diabetes Prevention Program. We've trained more than 1,200 Lifestyle Coaches, provided advanced training for these coaches, and activated 70 CDC-recognized lifestyle change programs across 22 states. We use what we learn through our direct work to develop technical assistance, technology, and trainings to support departments of health, health and hospital systems, pharmacies and primary care associations, and other prevention providers.

Slide 9: Advanced Coach Trainings (Association of Diabetes Care & Education Specialists)

ADCES' advanced training options are available to everyone. They're provided by our Prevention Team, Master Trainers, Lifestyle Coaches, and outside experts on behavior change, weight management, adult learning, and other topics.

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Our first focus is helping coaches develop skills to provide person-centered and inclusive care *within their groups*. As the national association for diabetes care and education specialists, we know building strong therapeutic relationships means better health outcomes. We also recognize the power of groups to help individuals practice and establish positive self-care behaviors. To support this skill development, we offer trainings on topics like motivational interviewing, empowerment, and cultural humility.

Next, we *widen the lens* to take coaches through this specific lifestyle change program. We break down subjects such as weight loss, weight loss maintenance, healthy habit formation, and healthy eating to help coaches understand the why and how of these complex issues. By featuring experienced coaches, and working collaboratively through case studies, we help people take on the most challenging aspects of the lifestyle change program. We also show coaches how to utilize their own participant and DPRP data to optimize outcomes for individuals and keep their organizations on track for full recognition.

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Third, we recognize that program participants face many factors *outside our groups* that facilitate or hinder their ability to prevent or delay type 2 diabetes. We provide trainings on food insecurity and healthy eating, depression and healthy coping, screenings and care coordination, and other social determinants of health topics.

Finally, we provide support to coordinators and data analysts to build successful and sustainable programs through education on the Medicare Diabetes Prevention Program (MDPP); integrating diabetes self-management education and support, the National DPP, and other programs; and developing program efficiencies in participant acquisition, data analysis, and program management.

Slide 10: Training Details (Association of Diabetes Care & Education Specialists)

Before COVID, we did many of our prevention trainings as live workshops, often traveling across the country to connect with coaches in-person. Today, we have a variety of options—recorded and live webinars, multi-day workshops and intensives, hybrid models with live activity and self-paced components. We also anticipate returning to live, synchronous trainings in late 2021

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and early 2022 if your coaches prefer that face-to-face engagement.

We can customize any of these options, and many of our offerings, such as our ADCES-led learning collaboratives, are tailor-made to meet the needs of coaches within your area. We work directly with your team, connect with your coaches, and listen to your needs to design specific workshops, communities of practice, online courses, or even micro-certificate programs.

As a Jointly Accredited Provider, ADCES can offer continuing education credit to dietitians, nurses, pharmacists, pharmacy technicians, physicians assistants, and physicians for any of our trainings. Our cost ranges from \$25 for a pre-recorded webinar to \$895/person for a very advanced Motivational Interviewing intensive with 9 CEs. Many trainings are under \$100/person, and we do offer group discounts.

Slide 11: Contact Information (Association of Diabetes Care & Education Specialists)

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If any of this sounds interesting, I would love to hear from you! Email me at dpp@adces.org to connect with me and our whole Prevention Team so we can brainstorm ideas. Or, if you know exactly what you want, complete our workforce training form online, and we'll reach out to you. Thank you so much!

**Slide 12: Diabetes Training and Technical Assistance Center
(DTTAC)**

Hello everyone! My name is Sarah and I am the Director at DTTAC, which stands for as you can see Diabetes Training and Technical Assistance Center here at Emory University in Atlanta. For over a decade, DTTAC has been partnering with organizations across the country to advance public health practice with the National Diabetes Prevention Program. We have significantly expanded and evolved the diversity of our services over the years; yet, we maintain a commitment to providing engaging and innovative advanced training to sharpen the core competencies for Lifestyle Coaches and Program Coordinators. We aim to respond to the unique advanced learning needs of Lifestyle Coaches and coordinators in your network with a variety of services that we'll talk about in a moment.

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Slide 13: Advanced Coach Trainings (DTTAC)

So, our training, regardless of modalities that we'll review in a minute, are centered around five competency areas and there are many topics under each competency. So I'll describe them briefly now for those that are not obvious at face value and give you an example of a topic.

So the first competency area is Group Dynamics & Facilitation. And trainings in this area as you might imagine focused on managing group dynamics, enhancing facilitation skills, leveraging the power of the group, etc. An example of this topic is facilitating from afar, which is about engaging your participants in a distanced delivery format.

The second competency is the Science of Change. And the trainings in that category focused around participant behavior change in the lifestyle change program and how to help advance that. The example you see on the screen is Habit Formation.

Program Implementation is another competency area and the Trainings clearly would focus around those issues, the many issues around Program implementation. An example here on the screen is program retention Wait, Wait Don't Leave.

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Health & Wellness category focuses on physical activity, healthy eating and well-being for participants in the program. But as you can see on the screen, we also have some topics targeted towards lifestyle coaches and their own wellness and self-care. And then the final competency is Diversity & Inclusion. And topics in this area focus around health equity and addressing equity barriers to lifestyle change. And an example provided is The Social Determinants of Health and the Lifestyle Change Program.

These five competencies represent a breadth of expertise we provide to organizations and Coaches. With each competency is a multitude of unique learning opportunities. For example, we currently have eight standalone webinars and a full day bootcamp, which I'll explain in a minute, on diversity and inclusion. All DTTAC trainings are facilitated by expert DTTAC National Master Trainers with years of experience of program delivery with the National DPP.

Slide 14: Training Details (DTTAC)

Alright, so, we, as you can see on the screen, we have a variety of training kind of delivery formats on the left side. So these

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delivery formats can meet kind of your unique network needs. And are offered across all the different competency areas I just explained. Currently, we are offering everything via distance, much like Angela just described. We are also hopeful towards the end of the year, certainly by 2022, we'll have our live in-person options available as well.

So lemme just briefly describe these and give you a sense of pricing as well. So, Live webinars feature expert facilitators and carefully curated panelists who create an engaging experience for attendees. Webinars tend to be 1 to 1 ½ hours of length, and our fall and spring catalog are currently available on our website.

On-Demand Webinars are our on-demand library is plentiful with pre-recorded topics to help meet the needs of learners at a time that is most convenient for them. These webinars are also 1 to 1 ½ hours long.

Pricing for both live and on-demand webinars is offered in different packages as you can see on the bottom of the screen. Our individual rate is \$40 per webinar, and then for organizations or state groups for example or a network you can

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sponsor a topic for up to 50 seats if you will starting at \$1250 per topic and we can talk through all those options if you are interested in exploring these in the future.

So moving down the delivery formats Custom Peer Learning Series is next. Custom peer learning series consists of a webinar topic paired with a peer dialogue, a live peer dialogue, and you know this is designed exclusively for a specific network of coaches and coordinators. Participants reap the benefits of sharing and discussing while gaining practical strategies to enhance their program delivery. So a webinar of your choice is paired with a 1-hour live peer dialogue for 2 to 2 ½ hours of learning.

So, pricing for custom peer learning series starts at \$3,000 for one webinar paired with a peer dialogue session, but you can mix and match webinar content and peer sessions to create your own custom learning experience.

So moving down that list, National Bootcamps, so National Bootcamps, one of our most popular offerings that we are excited to be able to offer more broadly now is available in distance

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learning format right now and we hope to do in person in the future again. Bootcamps are the most in-depth advanced training experience we offer, consisting of interactive learning, hands-on activities for a deep, engaging learning experience in a hot topic area. Our first 2022 bootcamp will focus on health equity and will be delivered in two 4-hour sessions.

And then lastly on that list we have Private Sponsored Bootcamps and that's where we would custom that bootcamp exclusively for your organization or state and again it consists of highly interactive learning and kind of a custom experience built specifically to meet your needs. Please feel free to contact us if you want more information about any of the content options, pricing, Spanish language offerings, or CEUs.

Slide 15: Contact Information (DTTAC)

Feel free to check out our website listed here to learn more information about the breadth of our services and the best way you can reach us is the email you see listed on the screen,

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dttac@emory.edu and we'd love to hear from you and thank you very much.

Slide 16: Advancing health equity in the National DPP

Advancing Health Equity in the National DPP

Slide 17: Black Women's Health Imperative

We are the Black Women's Health Imperative, we're delighted to be here. Our headquarters, we're headquartered in Atlanta, GA, and our Programs and Training Offices are in Washington, D.C. Our training approach is to integrate learning, knowledge, and skill building with group activities and experiential games that enhance the Lifestyle Coach experience and appeal to diverse audiences.

Slide 18: Advanced Coach Trainings (Black Women's Health Imperative)

I am Paula Green-Smith, I am our Chief Training Officer of the Black Women's Health Imperative (BWHI) and I am also a Lifestyle Coach and Master Trainer. Founded as the National Black Women's Health Project in 1983, the Black Women's Health Imperative is the only national organization dedicated to improving the health

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and wellness of the United States', this nation's, 21 million Black women and girls – physically, emotionally, and financially. We are the first nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls. Because we believe that all Black women and girls should enjoy optimum health and well-being in a socially just society, our mission is to lead the effort to solve the most pressing health issues that affect Black women and girls through investments in evidence-based strategies, and that includes our bold new programs and health advocacy promoting policies. Our priority areas include maternal health, chronic disease prevention, reproductive and sexual health, and breast and cervical cancer. In 2012, BWHI was selected by the CDC to be one of the original six national organizations to take the National Diabetes Prevention Program (National DPP) to scale.

Our lifestyle change program is branded as *Change Your Lifestyle. Change Your Life.* (CYL²).

To date, we've enrolled over 3,500 participants with retention rates as high as 88%. We're currently in our second round of

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funding as a Legacy organization grantee for another five-year award from CDC. BWHI became a training entity with an MOU with CDC in 2015 and since we've trained over about 300 Lifestyle Coaches or over 300 Lifestyle Coaches now. Our program and our training are delivered in English and in Spanish. We have 16 Master Trainers, 3 that are bi-lingual (speaking English and Spanish). We've sponsored over 200 classes with our 18 program partners as well as other training entities, including: The Association of Asian Pacific Community Health Organizations (we actually trained in the Federation of Micronesia which is headquartered in Arkansas but we conducted the training in the pacific islands), Bolsa Medical Group (in Westminster, CA), Colombia Diabetes Association (in South America) we actually conducted training there, Los Angeles County Health Department, Louisiana Health Department (in Baton Rouge), United Women of East Africa (in San Diego), Watts Health Care Corporation (Los Angeles), Roswell Park Comprehensive Cancer Center (in Buffalo, New York), and Mississippi Department of Public Health to name just a few of the entities that we have trained for. Some of our advanced coach training topics include: Re-Stocking the Toolkit Coach Refresher (basically that's a refresher program for

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Lifestyle Coaches), Coaching for Change (and we have recently added Coaching for Change in a Changed World since the pandemic), Keeping Participants Engaged (both in person and in remote program delivery), Digging Deeper with Motivational Interviewing, The Right Track: Strategies for Successful Food Tracking, Standards, Procedures, and Successful Strategies Boot! Camp (which is kind of a, we call it TA Boot Camp for all coaches to be refreshed on Standards, Procedures, and Success Strategies), High Touch Coaching (High Touch Coaching Model is our model of coaching), Keeping In Touch with High Touch Coaching, Practicing, Teaching, and Promoting Self-Care, Coaching for Change in a Changed World (is the one I mentioned before), and we recently added SWOT Sessions where we call them SWOT Out the GAP between where you are and where you want to be in your program and that's just one of our Technical Assistance Sessions. Our advanced coach topics are taught by Master Trainers, our Lifestyle Coaches teach some, and subject matter experts and all of our topics are designed to improve coach effectiveness by revisiting previously acquired knowledge and skills but then reinforcing them with insights from the trainers' experiences and expertise.

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Our areas of specialization and expertise include health equity and reaching hard-to-reach populations, specifically Black women and Latinas, and using our High Touch Coaching model to help them achieve success in the program. Our advanced coach trainings are available for any Lifestyle Coaches trained by a training entity that has an MOU with CDC.

Slide 19: Training Details (Black Women's Health Imperative)

Delivery Formats

We provide training in both English and Spanish in-person and virtually using Zoom and Go-To Webinar platforms.

We also provide 'Training by Design' which is our customized training, webinars, and technical assistance and anything that fits the requesting organization's specific program delivery and coaching needs.

The duration of our trainings ranges from 1.5 hours (or 90 minutes which typically includes 60 minutes of content and 30 minutes of Q & A) to 12 hours training programs, which can be scheduled to accommodate the organization's specifications. So for instance we might do that 12 hour training that in 2 days of

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6 hrs. each, or 2 days of 3 hrs. each or just however the organization needs us to work it out, we've done 1 day each of 6 hrs. each, 2 days of 6hrs. each or however it accommodates the needs of that organization.

Customized training can be designed and implemented after discussion with the organization's contact person who shares concerns and areas of need, or after a technical assistance consultation or SWOT and Gap Analysis session.

The cost of our trainings range anywhere from \$50 for Webinars and what we call POB (Pick Our Brains) Casts, instead of podcasts, to \$750 for 2 full days of training including our Bootcamps and our Conferences.

Discounted prices are available for webinar and POBcast series.

Slide 20: Contact Information (Black Women's Health Imperative)

Please feel free to reach out by completing the inquiry form on our website or by emailing our Training Coordinator, Jada Ledbetter, at Jledbetter@BWHI.org, if you'd like more information on our advanced coach training offerings.

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Slide 21: Magnolia Medical Training Group (Magnolia Medical Foundation)

Well good afternoon, I am Erica Thompson. I am one of the Master Trainers at Magnolia Medical Training Group. Magnolia Medical Training Group has been providing Lifestyle Coach and Master Training since 2014, and we are excited to be a part of this Advanced Coach Training Webinar Showcase. We have multiple class offerings that we think will be beneficial to your coaches and your organization.

Slide 22: Advanced Coach Trainings (Magnolia Medical Training Group)

The Implicit Bias and Cultural Proficiency training helps organizations identify strategies for creating supportive learning and work environments that reflect an understanding of diversity between and within cultures and communities. Participants explore methods of teaching about implicit bias and becoming conscious of the dynamics inherent when cultures interact. The facilitator also leads participants in examining their own beliefs and implicit biases that can impact their ability to engage in beneficial conversations.

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Capturing Data - This training helps organizations capture and record data and establish programs and organizational systems for reporting. The course will provide information on cloud services, application design, database design and management, and IT support for health care and community-based organizations.

Minority Recruitment and Retention in Program -- Minority Recruitment and Retention is important in programs such as the National DPP lifestyle change program. Being a year-long program, it is imperative to be able to recruit individuals who might be impacted by diabetes and utilize strategies that keep populations engaged. This training helps organizations evaluate recruitment and retention methods when focusing on minority populations, including but not [exclusive] of African American and Hispanic persons, ensuring your program meets the needs of the population you intend to target.

Overcoming the Greatest Barriers to Patient Care: Overcoming Social Determinants in Implementing program is another course we offer -- This training helps organizations increase understanding of barriers to implementing programs within

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communities and introduces methods that can be used to identify barriers such as transportation, childcare, and referrals. It also identifies linkages within the community to overcome barriers to ensure access to programs.

Capacity Building – Capacity Building is important for organizations to understand their individual capacity to deliver the National DPP lifestyle change program, which involves assessing your staffing, educational needs, programming, looking at the CDC National DPP Capacity Assessment, and reviewing your organizations SWAT. This training helps organizations assess their capacity to implement programs within the community.

Funding for your program -- Funding is also so important to programming. This training helps organizations assess their capacity to implement reimbursement for the National DPP services. Our billing specialist will discuss the essentials of setting up your organization to begin the billing process and to receive payments.

Slide 23: Training Details (Magnolia Medical Training Group)

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All trainings will be offered via webinars and Zoom platforms. Each training is about 60-90 minutes. Magnolia Medical Training Group understands that these are all important topics and that you would like to have your staff trained, but many times offerings may not align with your organization's schedule. Therefore Magnolia Medical Training Group would be happy to provide any of the trainings to accommodate an organization's schedule. Classes can be provided by a special request for groups of 10 or more with specified dates. Please send an email to ethompson@magmedfound.org to schedule an offering.

Slide 24: Contact Information (Magnolia Medical Training Group)

We are more than happy to work with you to bring these advanced trainings to your organization. Please feel free to contact Doctor Erica Thompson at ethompson@magmedfound.org. Please see the registration form for inquiries as well on our website at www.magmedfound.org We look forward to hearing from you.

Slide 25: The J. Moss Foundation

Slide 26: Advanced Coach Trainings (The J. Moss Foundation)

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Hello everyone! My name is Marlayna Bollinger. And I am the Executive Director of The J. Moss Foundation in sunny San Diego.

Right now, zip code is a better predictor of a person's health than their genetic code. We're on the mission to change this statistic.

The J. Moss Foundation is the proud training entity for multiple fully-recognized diabetes prevention programs serving multi-ethnic communities. We provide solutions that remove barriers for organizations seeking to start and scale their lifestyle change programs. This provides our hardest to reach populations with the opportunity to thrive, not just survive.

In addition to helping trainees become better coaches, we help organizations build better programs and communities build better referral networks. Ultimately, this creates better outcomes.

An example of a training we provide for coaches is Focus on the WHY. We teach coaches how to use motivational interviewing to understand the driving force behind a participant's desire to change or maintain their behavior.

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For the administrative staff, our trainings put programs on the path to sustainability. We do a deep dive into recruitment, retention, and reimbursement.

We believe in replacing silos with integrated networks, so we help organizations create community-clinical linkages and multi-directional referral networks that include social services.

Lastly, we know that data is king. We help organizations capture shared outcomes, so data can lead to long-term sustainability.

Slide 27: Training Details (The J. Moss Foundation)

We provide our trainings via webinar or in-person, when permitted. Depending on the depth or complexity of the topic, trainings are generally offered in 90-minute segments, 2 half-day bootcamps, or 2-day immersions.

Given our expertise with the medical, I'm sorry, Medicare Diabetes Prevention Program, Medicaid, health plan contracts, referral workflows and many other topics, we will also design and lead a community of practice (CoP). We are currently contracted by the L.A. County of Public Health to create and implement a 9-series CoP to help their providers overcome

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commonly cited barriers (such as building referral networks, improving participant recruitment and retention, and improving reimbursement and sustainability).

An organization's needs are as unique as the individuals they serve. After we identify the main pain-points or obstacles impeding success, we work with the organization to create a customized training that fits their budget and equips them with the information and resources to build a better and sustainable program.

Depending on the need, the per participant cost for trainings can range anywhere from \$50 - \$3,500.

Slide 28: Contact Information (The J. Moss Foundation)

To learn more about our trainings, please contact Aya Morihana, Director of Strategic Partnerships. She will be able to answer your questions and tell you about trainings and opportunities (especially those not yet advertised on our website).

For general information, or to view some of our upcoming trainings, please visit www.jmftraining.org.

Thank you!

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Slide 29: Coaching in a Virtual World

Coaching in a Virtual World

Slide 30: Virginia Center for Diabetes Prevention & Education

My name is Anne Wolf and I am representing the Virginia Center for Diabetes Prevention & Education or VCDPE as we call it for short we are a training center within the University of Virginia, the Division of Endocrinology and Metabolism.

Our Center provides much of the training and technical assistance to Virginia for their CDC-recognized organizations, but we have the capacity to serve any organization or state delivering the National DPP lifestyle change program throughout the United States.

Slide 31: Advanced Coach Trainings (VCDPE)

Our specialty is distance learning and telehealth delivery. For the past 13 years, our Center has been working with the University of Virginia's Center for Telehealth and delivering diabetes programs using tele-education. In 2018, we began delivering our own National DPP lifestyle change program using distance learning. And from there, we trained all of Virginia's

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CDC-recognized organizations as well as hundreds of coaches across the country on setting up and optimizing distance learning delivery. We also offer some on-demand webinars related to cultural competence, coaching skills, and nutrition and exercise basics that are free of charge.

Slide 32: Training Details (VCDPE)

Our advanced training in distance learning has recently been revised and offered at a new low price of \$79. It involves a 2-hour live, synchronous class about engaging participants, it also includes a 1-hour recorded webinar on setting up your organization for distance learning. The training includes a 28-page toolkit that includes ready-made resources that organizations can use for distance learning. The on-demand webinars on various topics are offered free of charge. And if your coaches need a customized training, VCDPE is happy to work with you to discuss, outline, and price the training that is right for your organization.

Slide 33: Contact Information (VCDPE)

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The best way to contact me is through the email provided right here. Also, included here is our website so that you can review our material. Thank you very much.

Slide 34: SparkPro Training

Hi everyone, my name is Lisa Trimper and I'm with SparkPro Training and SparkPro Training is designed to help individuals like yourself increase their knowledge and skills to provide world class coaching for patients as well as advance our coaches careers. We at SparkPro offer several advanced training opportunities for our Lifestyle Coaches.

Slide 35: Advanced Coach Trainings (SparkPro Training)

One of these courses is Mental Health First Aid. Just like with CPR, Mental Health First Aid is designed to help someone who might be suffering from any type of mental health or substance use crisis. The program provides instruction on how to identify, understand, and respond to signs of mental health illnesses and substance use disorders, as well as the skills really to reach out and offer initial support to someone who may be developing a mental health or substance use problem. This course is taught by

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our Director of Behavioral Health and our Registered Nurse (RN) Care Navigator, both of whom have expertise in behavioral health and are certified by the National Council of Mental Wellness as instructors. We offer continuing education credits for Registered Dietitians (RDs), Dietetic Technicians (DTs), Certified Health Education Specialists (CHES), and Pharmacists.

Another advanced training course we offer is Intercultural Competency. This is a one-hour course focuses on the ways in which culture defines and influences our awareness and understanding of cultural factors that determine beliefs and practices. The training offers practical ways in which individuals can increase their awareness on race, ethnicity, and even inclusion. This course is taught by our Director of Behavioral Health. And continuing ed credits are awarded to RDs DTs, CHES, and Human Resource personnel.

Finally, one of our more practical courses is Time Management for Coaches. This a one-hour, self-paced course provides coaches with information on the impact of stress and the environment plays into our time management. The course is taught by one of

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our SparkPro training Lifestyle Coaches. And we offer continuing education credit for CHES.

Slide 36: Training Details (SparkPro Training)

We offer advanced training for Master Trainers who have trained with us. This year we are hosting quarterly calls where we cover a variety of topics to support our Master Trainers who work closely with our Lifestyle Coaches. The website for SparkPro Training has many more details on our courses, course content, available CEUs. The cost of trainings, many of which start at \$48, group discounts for trainings and our SparkPro contact information.

Slide 37: Contact Information (SparkPro Training)

So please reach out to SparkPro Training with any questions you might have, we would love to hear from you.

Slide 38: Telligen

I'm Ami Bolles, and I'm with Telligen. Telligen helps millions of people live their healthiest lives by improving health outcomes nationwide through proven health solutions and health care expertise. For more than 45 years, Telligen solutions have

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been delivering true results for health plan sponsors and federal and state programs. Telligen is on a mission to transform lives and economies. Our employee-owners are committed to finding innovative solutions to make a difference in the lives of people and in the world of health care.

Slide 39: Advanced Coach Trainings (Telligen)

Our advanced trainings focus on topics where coaches have told us they want extra support. Current topics range from motivational interviewing techniques, participant resistance, and best practices for distance learning platforms. If organizations have a specific training need, we can work with them to develop the training.

Slide 40: Training Details (Telligen)

Currently, trainings are done live over Microsoft Teams and range from \$25 to \$35. If your organization has a different platform, we can work with you to use that platform as long as there is functionality for breakout rooms, screen sharing, and chat. We are able to conduct in-person trainings, and travel costs are passed through to organization. We keep our trainings

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within 60 to 90 minutes and if the training will require more time, it will be broken into multiple sessions.

Slide 41: Contact Information (Telligin)

For more information, you can contact myself and my email is on the slide.

Slide 42: A Deeper Dive into Coaching Skills

A Deeper Dive into Coaching Skills

Slide 43: Solera

Slide 44: Advanced Coach Trainings (Solera)

Hello and good afternoon, good morning if you're in the west coast, my name is Patty Farias-Sanchez, I'm a Lifestyle Coach and Master Trainer at Solera. Our corporate office is in sunny Phoenix, Arizona, so stop by and say hello when you're in this lovely area. You know, Solera has been offering Lifestyle Coach Training since July 2015 and we are very happy to share a little information about our new Advanced Lifestyle Coach Training topics with you today. But before we do that, I would like to share some more information about our other Master Trainer Greg Hottinger, who could not be here today. Greg is a Registered

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Dietitian with a Master of Public Health degree, a Certified Wellness Coach (CWC) and a Professional Certified Coach (PCC) through the International Coach Federation, he is also a certified faculty member at Wellcoaches. Greg and I have been conducting the online Lifestyle Coach trainings for about 6 years now and we are both very excited about the opportunity to offer advanced training webinars to all of you. So here are some of the advanced training topics we will be covering this year: the *Strengthening Coaching Presence (this is actually our first webinar conducted on the 21st of July)* where we discuss scenarios to improve active coaching listening skills, champion the participant's journey, how to stay powerfully unbiased, and helping participants find their motivation and becoming more empowered in their DPP journey. In the *Cultivating More Empathy* webinar we will be discussing evidence based theories and skills to share to share with your participants such as how to deepen your understanding of empathy, why cognitive strategies fall short, how to confidently provide empathy to better support participants that are in need. The *Ways to Empower Participants* webinar, we will explore how to help participants recover more quickly from slips, how to work with negative emotions, why

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choosing self-compassion is helpful and important, and how to cultivate a growth mindset. This is actually one of my favorite topics, so I'm really excited about this one. The *Recruitment & Retention Strategies* training, you know I will be providing you with lots of information about using a multi-channel approach to recruit program participants, getting to know the audience you're targeting, retention strategies to keep your diabetes prevention program participant coming back to your courses every week. And we recently added Motivational Interviewing topics so more to come on that as well.

Slide 45: Training Details (Solera)

Our advanced coach trainings are conducted live using Zoom- with a 1-hour duration. We are available for customizable advanced coach trainings, so we do ask that you complete what we call an Advanced Lifestyle Coach Training Request form. You can find this form on our website and Spanish Advanced Lifestyle Coach Training options are available upon request so make sure you complete that and let us know on that form. I'm available to conduct these trainings. The cost of our trainings ranges from \$50 - \$55 per attendee. We do offer a discount to coaches who

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have completed Lifestyle Coach Trainings with Solera and do also offer discounts to groups of 5 or larger. So hope you can send your coaches to our trainings.

Slide 46: Contact Information (Solera)

So, you know what, we would love to get to know you to learn about all of the Advanced Coach Training topics that you or your organization is interested in learning more about. My contact information is here so please email me, call me, or complete the form I discussed earlier, and I will be reaching out to you directly to learn about your coaching needs. I hope that you enjoy the rest of the presentations ready for you today and thank you for joining us today.

**Slide 47: Temple University Center for Self-Determination,
Self-Direction and Self-Care**

Good morning and good afternoon to everyone. It's a long name, Temple University Center for Self-Determination, Self-Direction, and Self-Care, we call it Temple CS3. And really our work really builds on the person driven health and wellness activities that we're involved in and also the community change strategies that

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we're involved in and our efforts to advance evidence based workforce development opportunities and training in nationally recognized programs such as the National DPP and we also do a lot of work in diabetes self-management education and support. For many years, we have offered training for Lifestyle Coaches and Master Trainers who deliver the National DPP lifestyle change program.

Slide 48: Advanced Coach Trainings (Temple)

There are a number of advanced coach training topics that we are offering, We will be covering some of what we see as Foundational Training in Group Facilitation skills and in Motivational Interviewing, and we will also offer sessions that will address Participant Recruitment and Retention and again this builds over the work that we have done over the years. All of our courses are taught by National DPP Master Trainers. We also have expertise in building local peer coach workforces in communities challenged by diabetes and prediabetes, we do work in coalition building, and in evaluation and we are able to offer trainings in these areas as well. And our classes are open to everyone

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Slide 49: Training Details (Temple)

In terms of our delivery formats and the duration of our trainings, we tend provide advanced coach trainings primarily using online, on-demand, asynchronous approaches, but we'll also offer live virtual and we'll do hybrid trainings for groups as well. Our trainings tend to last between two and two and a half hours. We are able to customize for groups of participants; usually 10 or more registrants are required to customize a training. Trainings are priced at \$195 per person per session but we do offer discounts for groups of 10 or more. And we can negotiate pricing for custom trainings.

Slide 50: Contact Information (Temple)

The primary person that you will be talking to when you contact us is my Co-Director at the Center, Lisa Ferretti. Provided here both our email address and website, I know the address is complicated, but it brings you right into our learning management system. Thank you.

Slide 51: State of Wellness

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State of Wellness is a training organization focused on providing superior advanced training opportunities for Lifestyle Coaches. We specialize in the development and delivery of evidence-based training opportunities focusing on effective communication, cultural competency, and appreciation for the uniqueness of each coach and their participants. We are committed to training coaches on tools and techniques designed to increase participant retention and success. Our courses are developed by nationally recognized subject matter experts within each focus area. We believe in continuous quality improvement to ensure all materials are up to date with the most recent information and research.

Slide 52: Advanced Coach Trainings (State of Wellness)

This training is self-paced. Motivational Interviewing with Dr. Bill Matulich (MINT trainer)- self paced training (approximately 6 weeks, 12 modules).

It is designed for people with little or no experience with motivational interviewing (MI) as well as for those wishing to improve their MI skills.

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Each lesson includes a brief post-test and exercises to be completed. This includes 2 live 90-minute online practice sessions to be completed during the training to reinforce learning.

Cultural Competency with Raffy R. Luquis Ph.D., Professor, Penn State - Focuses on: Defining cultural and linguistic competence.

Identifying racial and ethnic groups disproportionately affected by diabetes; Describing cultural influences on health and health-related outcomes; Identifying barriers to culturally competent care.

Open Heart NeuroMeditation with Michaela Conley, Certified NeuroMeditation Instructor. Focuses on: Defining and distinguishing components of the open-heart meditation style, demonstrating a new/enhanced approach to self-care; discussing how you might choose to integrate open-heart meditation into your life.

Resilience Advantage with Michaela Conley, Certified HeartMath Trainer. In this training, participants will learn how to:

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Increase personal resilience and energy levels; Leverage ability to think clearly under pressure and discern appropriate solutions to problems; Increase ability to maintain situational awareness; Diminish symptoms of personal and professional stress such as confusion, fatigue, and sleep disturbance.

Improve reaction times and coordination.

Laughter Yoga with Michaela Conley & Deb Krahn, Certified Laughter Yoga Teachers. Explain what is meant by "laughter yoga" and describe what makes laughter yoga unique. List at least 2 evidence-based benefits of laughter. Demonstrate at least one laughter yoga exercise during the live portion of the training.

Slide 53: Training Details (State of Wellness)

Our delivery formats and duration of trainings vary based on the topics we discussed on the last slide. Motivational Interviewing - A Combination - 15 hours (12 asynchronous, 3 synchronous).

Cultural Competency is Asynchronous - 1 hour. Open Heart

NeuroMeditation is Synchronous 12 hours (6 x 2-hour weekly

classes). Resilience Advantage - Synchronous - 4 hours (4 x 1-

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hour weekly classes). Laughter Yoga - Combination - 2 hours (1 hour asynchronous and 1 hour synchronous).

Slide 54: Contact Information (State of Wellness)

We are happy to answer any questions. Our main contact is Michaela Conley, who is our executive director. She may be reached at 443-414-3532, or for customer service, contact Sally Burns at 248-956-1726. Email any of our team members at: [\(firstname\)@stateofwellness.org](mailto:(firstname)@stateofwellness.org).

Slide 55: Thank You (National DPP Closing Slide)

Thank you all for joining us for today's webinar! If you have any questions about today's presentation, please contact us through the National DPP Customer Service Center at www.nationaldppcsc.cdc.gov, or reach out to the training entities for specific questions related to the advanced training topics presented today. I hope you all have a great day!

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