



**National DPP Lifestyle Coach Training  
2025 Schedule**

PIVOT X Coach Training is happy to customize training for groups of 12 or more.

Please share your coach training needs at [training@pivotxcoachtraining.com](mailto:training@pivotxcoachtraining.com)

## National DPP Lifestyle Coach Training

Month	Dates and Times
<b>January 2025</b>	
<b>4 Week:</b> Jan 14 – Feb 6	Tuesday / Thursday; 11:00 AM – 12:00 PM, ET
<b>February 2025</b>	
<b>2 Week:</b> Feb 10 – Feb 20	Monday - Thursday; 1:00 PM – 2:00 PM, ET
<b>March 2025</b>	
<b>4 Week:</b> Mar 4 – Mar 27	Tuesday / Thursday; 12:00 PM – 1:00 PM, ET
<b>April 2025</b>	
<b>4 Week:</b> April 15 – March 8 (Spanish)	Tuesday / Thursday; 2:00 PM – 3:00 PM, ET
<b>2 Week:</b> April 14 – April 24	Monday - Thursday; 12:00 PM – 1:00 PM, ET

## On- Demand Advanced Coach Training Webinars

<b>Improving Coaching Presence</b>	Examine your coaching presence to boost participant outcomes. Learn to foster autonomy and meeting participants where they are. Topics include cultivating positivity, affirming without cheerleading, and avoiding pitfalls.
<b>Demonstrating More Empathy</b>	Explore what empathy is, why it matters, and how to avoid common pitfalls. Learn simple steps to help participants feel truly heard and supported in their progress.
<b>You Have Arrived, Navigating Health Inequities, Pt. 1.</b>	This webinar will provide you a comprehensive overview of the systemic barriers that contribute to health inequities and offer actionable solutions.
<b>Motivational Interviewing Strategies, Pt. 1</b>	Discover tools to help participants uncover their own reasons for change. Learn to reinforce autonomy, manage resistance, and minimize discord.
<b>Coaching Through Weight Loss Plateaus</b>	Learn why plateaus happen and explore strategies to help participants stay motivated and move forward during challenging times.