

GROUP LIFESTYLE BALANCE™ Master Trainer Workshop
Training Lifestyle Coaches to Implement Diabetes Prevention Programs

Wyndham Pittsburgh University Center
100 Lytton Avenue | Pittsburgh, PA 15213
(412) 682-6200

January 24, 2018

8:15-8:30	Welcome and Breakfast	
8:30-9:00	Overview of Master Trainer Requirements	Kaye Kramer, DrPH
9:00-9:45	Preparing Lifestyle Coaches: The Evidence Base Diabetes Prevention Program (DPP) Background Translating the DPP	Kaye Kramer, DrPH
9:45-10:15	Guiding Lifestyle Coaches to Implement Programs in the Local Setting	Kaye Kramer, DrPH
10:15-10:30	Break	
10:30-11:00	Rationale and Goals for the Nutrition Components of DPP Lifestyle Intervention	Beth Venditti, PhD
11:00-11:15	Teaching Lifestyle Coaches: Setting the Stage for Lifestyle Self-Management Core Session 1	Beth Venditti, PhD
11:15-12:45	Teaching Lifestyle Coaches Essential Behavior Change Elements: Behavior Core Sessions 6, 7, 9, 11, 12	Beth Venditti, PhD
12:45-1:15	Lunch	
1:15-2:00	Behavior Post Core Sessions Training Effective Group Leaders	Beth Venditti, PhD
2:00-3:30	Rationale and Goals for the Physical Activity Components of DPP Lifestyle Intervention Teaching Lifestyle Coaches Essential Physical Activity Elements: Activity Core Sessions	Andrea Kriska, PhD
3:30-3:45	Break	
3:45-4:15	Activity Post Core Sessions	Andrea Kriska, PhD

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January 25, 2018

8:15-8:30	Breakfast	
8:30-9:45	Teaching Lifestyle Coaches Essential Nutrition Elements: Nutrition Core Sessions	Linda Semler, MS, RD, LDN
9:45-10:15	Nutrition Post Core Sessions	Linda Semler, MS, RD, LDN
10:15-12:45	Master Trainer Practice Presentations and Feedback Sessions	Team
12:45-1:15	Lunch	
1:15-4:00	Master Trainer Practice Presentations and Feedback Sessions	Team