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
**January 25, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>8:15-8:30</td>
<td>Breakfast</td>
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<tr>
<td>8:30-9:45</td>
<td>Teaching Lifestyle Coaches Essential Nutrition Elements: Nutrition Core Sessions</td>
<td>Linda Semler, MS, RD, LDN</td>
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<td>9:45-10:15</td>
<td>Nutrition Post Core Sessions</td>
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<td>10:15-12:45</td>
<td>Master Trainer Practice Presentations and Feedback Sessions</td>
<td>Team</td>
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<td>12:45-1:15</td>
<td>Lunch</td>
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