

GROUP LIFESTYLE BALANCE™ Master Trainer Workshop
DRAFT Training Lifestyle Coaches to Implement Diabetes Prevention Programs
 Wyndham Pittsburgh University Center
 100 Lytton Avenue | Pittsburgh, PA 15213
 (412) 682-6200

January 23, 2019

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	
10:30-12:00	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
12:00-12:30	Activity Post Core Sessions	Andrea Kriska, PhD
12:30-1:00	Lunch	
1:00-1:30	Rationale and Goals for the Nutrition Components of DPP Lifestyle Intervention	Beth Venditti, PhD
1:30-1:45	Teaching Lifestyle Coaches: Setting the Stage for Lifestyle Self-Management Core Session 1	Beth Venditti, PhD
1:45-2:00	Break	
2:00-2:30	Teaching Lifestyle Coaches Essential Behavior Change Elements: Behavior Core Sessions 6, 7	Beth Venditti, PhD
2:30-3:45	Teaching Lifestyle Coaches Essential Nutrition Elements: Nutrition Core Sessions	Linda Semler, MS, RD, LDN
3:45-4:15	Nutrition Post Core Sessions	Linda Semler, MS, RD, LDN

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January 24, 2019

8:15-8:30	Breakfast	
8:30-9:30	Teaching Lifestyle Coaches Essential Behavior Change Elements: Behavior Core Sessions 9, 11, 12	Beth Venditti, PhD
9:30-10:15	Behavior Post Core Sessions Training Effective Group Leaders	Beth Venditti, PhD
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