

SOUTHWESTERN OKLAHOMA STATE UNIVERSITY

Rural Health Center

Diabetes Prevention Program Lifestyle Coach Training - 2019

Friday, July 26 and Saturday, July 27

9:00 AM to 5:00 PM

Southwestern Oklahoma State University Rural Health is proud to offer you the *Diabetes Prevention Program (DPP) Lifestyle Coach Training* on Friday, July 26th and Saturday, July 27th, 2019 from 9:00 AM to 5:00 PM on the Weatherford Campus. This is a special offer brought to you by SWOSU Rural Health Center.

Class size is limited to 20 participants. **PLEASE REGISTER EARLY!**

The training will be led by a Diabetes Training and Technical Assistance Center (DTTAC) Master Trainer Select and include the following:

- Two days of interactive training with a small group format
- Detailed information on program structure, goals, Prevent T2 Curriculum and the roles and skills of the Lifestyle Coach
- Hands-on practice in group facilitation techniques with feedback from peers and a DTTAC Master Trainer
- Networking with other trainees
- Opportunities to brainstorm around implementation strategies
- Two days of contact hours that exceed CDC's minimum training requirements
- Training materials
- Review of the updated Centers for Disease Control and Prevention (CDC) Diabetes Prevention Recognition Program (DPRP) information
- Access to ongoing support through Common Ground, DTTAC's online learning community for Lifestyle Coaches

PROGRAM REQUIREMENTS AND CREDIT

Program requirements include participating in this entire classroom activity and **completing** the home study material **prior to attending the training**. You must pre-register in order to receive the one hour of home study material that will be sent to you via email. This training is pending approval for 15 hours of live CE by the Oklahoma State Board of Pharmacy.

REGISTRATION AND FEES

Registration of \$600 per person is required by **Wednesday, July 17th**. Payments made after this day are subject to a \$50 late fee. Full refunds will be granted for cancellation if notice is received by Monday, July 15th. Cancellations after July 15th are subject to a 50% cancellation fee. No refunds after July 22nd.

LOCATION

The DPP Lifestyle Coach Training will be located in the Southwestern Oklahoma State University Memorial Student Center (MSC), East Ballroom. This is located on the second floor of the MSC.

Find the MSC: <https://www.swosu.edu/resources/map/index.aspx>

REGISTRATON FORM

Name_____

Mailing Address_____

City/State/Zip_____

Email_____

(We will send you an email confirmation when your registration is received.)
(The one hour home work will be sent with registration confirmation.)

Day Phone_____

-----**Payment by check ONLY**-----

Make check payable to SWOSU Rural Health Diabetes Prevention Services.

Amount \$_____

Registration Form must be post-marked by **July 17th**.

Mail Registration Form to:

SWOSU College of Pharmacy Rural Health Center
100 Campus Drive
Weatherford, OK 73096

OR

FAX Registration Form to:

SWOSU Rural Health Center
1.888.978.7603

For more information you may contact:

Sarah Yount, PharmD
Rural Health Clinical Pharmacist
Diabetes Prevention Program Coordinator
Phone: 580.774.6042
Email: sarah.yount@swosu.edu



Lifestyle Coach Training Agenda



Day One (9 AM – 5 PM)

- I. **Welcome and Introductions**
- II. **Review of Pre-Work**
- III. **Lifestyle Change Program-Guiding Principles**
- IV. **Program Goals**
- V. **Program structure**
- VI. **Program approach**
- VII. **Role of the Lifestyle Coach**
- VIII. **Role of the Group**
- IX. **Mini Mock Session**
- X. **Facilitation Skills**
- XI. **Program curriculum**
- XII. **Program Tools**
- XIII. **Questions, discussion and assignment for Day 2**

Day Two (9 AM – 5 PM)

- I. **Coach-back Session presentations**
Breaks as needed
- II. **Group Development**
- III. **Food and Fitness Logs, the role of the coach**
- IV. **Action Plans**
- V. **Participant Retention and Program Planning**
- VI. **CDC Recognition Overview**

- VII. **Final questions and close**