

Self-Paced Coaching Topics



Module 1: Coaching Conversational Skills

Setting up for success in HCI Pathway

Pathway Coaching Models & Framework

Preparing to Coach and Integration

Essentials of a Successful Coaching Relationship

Skillful Coaching Conversations

Empowered Well-Being Activities

Successful Goal Setting

Module 2: Health & Wellness

Health Behavior Topics

- Heart Health & Cardiovascular Disease
- Diabetes
- Weight Management
- Anti-Inflammatory Lifestyle

Lifestyle Medicine

- Stress Management
- Nutrition
- Physical Activity
- Sleep



HCI

PATHWAY
PROGRAM

