



UH Integrative Health and Well-being Coaching Cohort 2

IMPORTANT DATES

PHASE 1

DATE	EVENT	TIME
June 30 – Dec 15	Phase 1: Core Knowledge and Skills Building	
June 30	Preliminary Module with initial assignments become accessible to enrolled students.	
July 3	Online Welcome Session Zoom link to be provided	5:30-6:30 pm CT
Friday, July 4	Holiday - Independence Day	
	Official Launch – 3-day Online Intensive <i>All students are required to attend all three days.</i>	
July 10	Day 1 Online Intensive	4:00-7:15 pm CT
July 11	Day 2 Online Intensive	4:00-7:15 pm CT
July 12	Day 3 Online Intensive	9 am-12:15 pm and 1:15-4:30 pm CT
July 14	Module 1 opens – First asynchronous week	
Week of July 14 – Week of Dec 8	Asynchronous Modules (1-20) are open on Mondays and are completed weekly.	
July 24, Aug 7, 21, Sept 4, 18, Oct 2, 16, 30, Nov 13, Dec 4	Synchronous Sessions are held <u>every two weeks</u> (Weeks 2, 4, 6, 8, 10, 12, 14, 16, 18, 20).	4:00-7:15 pm CT
Monday, Sept 1	Holiday – Labor Day	
Week of Sept 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17	Asynchronous Peer Practice Triads are held <u>weekly</u> (Weeks 11-19).	As scheduled by Triad groups (approx. 1 hour weekly)
Week of Dec 15 Dec 18	Make Up Week Make Up Synchronous Session	(If needed) 4:00-7:15 pm CT
Dec 21	Official Last Day of Phase 1	



PHASE 2

DATE	EVENT	TIME
January 2– April 7	Phase 2: Skills Application and Community-based Practice	
Jan 2	Preparation Session - Synchronous	4:00-7:15 pm CT
Week of Jan 19	Client Care begins; Student is responsible for securing 8-10 volunteer clients to log 50 coaching sessions	
Week of Feb 2, 15, Mar 2, 23, April 6	Coaching Log Check-Ins every other week.	
Weeks of Feb 2, 23 March 23	Mentoring Sessions (one-on-one)	
Jan 22, Feb 12, Mar 5	Synchronous Sessions are held as scheduled (Phase 2).	4:00-7:15 pm CT
Week of March 16	Spring Break	
April 30	Graduation - Synchronous	6-7 pm CT
Week of May 4	Make Up Week (if needed) Make up Synchronous Session	4:00-7:15 pm CT
May 10	Official close of Phase 2 – Program Evaluations Due	May 10