



# DTTAC *Advance*<sup>™</sup> Learning

## Diabetes Training & Technical Assistance Center (DTTAC) *Advance*<sup>™</sup> Learning

Sharpening the competencies of trained lifestyle coaches and program coordinators to enhance delivery of the National Diabetes Prevention Program

## 2023-2024 National Offerings

*All opportunities in this catalog qualify as Advanced Coach Training (ACT) for lifestyle coaches and program coordinators now required under CDC DPRP Standards*



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DTTAC

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# New! DTTAC Advance™ Podcasts

DTTAC Advance™ Podcasts, called DTTAC Dialogues, are 20-minute podcast episodes perfect for the Lifestyle Coach on the go. Dialogues can be listened to on a laptop or your phone via the Learn Upon app, so even the busy Lifestyle Coach can listen to them throughout their workday, in the office, while driving, on a walk, or wherever else! Dialogues cover practical and informational topics centered around enhancing the skills of lifestyle coaches delivering the National Diabetes Prevention Program. 3 podcasts = 1 hour of Advanced Coach Training (ACT) required under the CDC DPRP Standards.



**All DTTAC Dialogues will be available January 2024 unless otherwise specified.**

## **Episode 1: A Decade of Prevention – Where We’ve Been, What We’ve Learned, and Where We’re Going**

***FREE Offering for National Diabetes Month!***

Accessible via [Common Ground](#) in November. This item does not qualify as Advanced Coach Training.

Welcome to DTTAC Dialogues! Join us for our inaugural podcast as we look back over the last 10-12 years of National DPP work and discuss the program inception, training a workforce of Lifestyle Coaches, and challenges that the program faces in the next 10 years.

## **Episode 2: Ensuring Success – Health Equity and National DPP Delivery**

Join us as we delve into the crucial link between socioeconomic disparities and diabetes risk, examining how factors such as income, education, and access to healthcare influence one's vulnerability to developing diabetes. Hear from Lifestyle Coaches about how they are utilizing a toolbox of strategies to bridge the gap and make diabetes prevention more inclusive and accessible for everyone.

## **Episode 3: Food Realities – Addressing Food Insecurity and Cultural Eating**

In this episode we will explore the intricate relationship between food access and diabetes prevention, discovering how collective action can pave the way for a healthier, more nourished future for everyone. Lifestyle Coaches will share practical ways they address the various food realities and help to ensure their participants can be successful in the Lifestyle Change Program.

## **Episode 4: Language & Literacy – Fostering Understanding for Participants in the National DPP**

In this episode, we delve into a critical yet often overlooked aspect of diabetes prevention – the profound role of language and literacy. We will explore how effective communication and health literacy are essential tools in the fight against diabetes and important for driving equitable health outcomes. Join us as we explore how using clear language can bridge the gap between medical information and public understanding, empowering individuals to make informed choices about their health. Discover how a simple shift in communication can inspire lasting change and motivate individuals to prioritize their well-being.

## **Episode 5: The Power of Place – How Community Impacts Participants in National DPP**

In this episode we will explore the power of place and how things like neighborhood infrastructure, access to healthy food, safe outdoor spaces, and community resources can shape our health choices and impact diabetes risk. Through captivating stories and evidence-based insights, we'll uncover how systemic disparities in different regions can contribute to unequal prevention opportunities. Tune in to broaden your perspective, grasp the significance of creating supportive environments, and gather actionable knowledge to drive positive change in your community's fight against diabetes.

## **Episode 6: The Soft Stuff– Empathy and Rapport Building**

In this episode we will hear from guest experts that will share insights on how Lifestyle Coaches can cultivate empathy, actively listen, and establish strong rapport to foster meaningful relationships with participants in the National DPP. It is the quality of the Lifestyle Coaches relationship with participants that has the biggest impact on participants, the group and likely retention and progress in the program. Join us as we discuss the powerful role that empathy, trust and rapport play in program success.

## **Episode 7: Wait, Wait, Don't Leave – Organizational and Coach Strategies for Keeping Participants Coming Back**

The more sessions a participant attends, the more likely they are to make progress on and reach their diabetes prevention goals. In this DTTAC Dialogue we will examine key practices for organizations and coaches to enhance the likelihood of retaining participants in the National DPP Lifestyle Change Program.

# DTTAC Advance™ Webinars

Ranging from 1 hour to 2 hours in duration, advanced webinars help sharpen the competencies of trained lifestyle coaches, program coordinators, and Master Trainers to enhance the delivery of the National Diabetes Prevention Program (National DPP). These webinars complement lifestyle coach training and are not a substitute for formal training. DTTAC Advance™ Webinars address 5 competencies (see figure below).

**Live Webinars** – Learners can register to attend a live webinar and enhance their skills in real-time. If they can't attend on the scheduled date, they may watch the webinar recording within 3 weeks (21 days) of the live webinar event.

**On-Demand Webinars** – Our on-demand library allows learners to view a webinar at a time convenient for them! After registering, learners have 3 weeks (21 days) to complete the course at their own pace.

*All DTTAC Advance™ Webinars qualify as **Advanced Coach Training (ACT)** for lifestyle coaches and program coordinators required under the 2021 CDC DPRP Standards.*

## DTTAC Advance™ Webinar Competencies



 Diversity, Equity, & Inclusion

 Group Dynamics & Facilitation

 Health & Wellness

 The Science of Change

 Program Implementation

*"I loved the [panelist's] ideas and use of activities in her groups, like having everyone bring a food that they think doesn't fit into a healthy diet and discussing how to make it fit . . . just really good ideas to get participants involved. . . This has been the best and most helpful webinar."*

*All Foods Can Fit live webinar attendee (2022)*

*"I was intrigued with the information that was shared. I'm already doing some of the suggestions to help and keep the participants engaged in their lifestyle change as well as physical activities. I'm thankful for all you do."*

*Making Moves Forward live webinar attendee (2022)*



### *Health & Wellness*

#### **Todos los Alimentos son Aptos** **All Foods Can Fit – En Español**

**Tuesday, December 12th, 2023 from 1:00pm – 2:00pm ET**

Available On-Demand in January 2024

The National DPP lifestyle change program is not an individualized nutrition program. Nor is it intended to be a restrictive or prescriptive diet. Many Lifestyle Coaches struggle with this less directive approach to lifestyle change and wonder if giving more specific guidance would yield faster or more ideal results. In this webinar, the current approach to healthy eating presented in the 2021 Prevent T2 curriculum will be reviewed and explained. Experienced lifestyle coaches with nutrition science backgrounds will share their expertise.

### *Group Dynamics and Facilitation*

#### **Preguntas Poderosas** **Powerful Questions – En Español**

**Wednesday, February 14th, 2024 from 1:00pm – 2:00pm ET**

Available On-Demand in March 2024

Asking questions as a coach can inspire deep reflection, reveal unrecognized strengths, and create pivotal moments for participants. While the CDC curricula offer starting questions for Lifestyle Coaches, it is often the unscripted moments in a program session that a powerful question has the potential to impact a participant. In this webinar, facilitators will discuss the potential impact of powerful questioning, provide examples and practice powerful questioning.

### *Diversity, Equity, & Inclusion*

#### **Moviéndose Hacia Adelante** **Making Moves Forward – En Español**

**Thursday, April 18<sup>th</sup>, 2024 from 12:00pm – 1:00pm ET**

Available On-Demand in May 2024

Lifestyle coaches facilitating the National DPP lifestyle change program often have participants with a variety of health conditions that may impact their ability or likelihood to engage in physical activity. From participants with mild joint pain to participants with disabilities, barriers to physical activity can feel like overwhelming obstacles to participants hoping to achieve program physical activity goals. In this webinar, attendees will explore strategies for helping participants find success with their physical activity goals, regardless of physical limitations and abilities.

# DTTAC *Advance*<sup>™</sup> En Español Live Spanish Language Webinars

¡Hola!

*Diversity, Equity, & Inclusion*

## Reconociendo las Realidades de la Vida Recognizing Realities – En Español

**Wednesday, July 11<sup>th</sup>, 2024 from 12:00 – 2:00pm ET**  
Available On-Demand in August 2024

An audience centered approach to National DPP program delivery is essential to meet the diverse needs and realities of program participants. This webinar will discuss strategies to gather information about these realities and needs at the organizational and lifestyle coach level. Learners will also explore ways to make session activities and conversations relevant and impactful while keeping program fidelity. Attendees will be given a framework for assessing appropriate flexibility within fidelity of the National DPP.



# DTTAC *Advance*<sup>™</sup> Live Webinars

## *Group Dynamics and Facilitation*

### **Hats Off!: Making the Shift from Clinician to Coach**

**Thursday, December 7<sup>th</sup>, 2023, from 12:00pm – 1:00pm ET**

Available On-Demand in January 2024

A Lifestyle Coach is a group facilitator versus an expert teacher. The role of the Lifestyle Coach in the National DPP Lifestyle Change Program is to lead group sessions using a CDC approved curriculum and support participants as they make lifestyle changes to reduce their risk for type 2 diabetes. Lifestyle Coaches who are also clinicians can struggle to set aside their expertise to facilitate learning vs. teaching. In this webinar, we will establish the benefits of a facilitated/coach approach to lifestyle change and hear from experienced lifestyle coaches tips for making the shift from clinician to coach!

## *The Science of Change*

### **Motivation is a Fickle Friend: Understanding Motivation, Supporting Readiness, and Using Strategies to Support Participant Behavior Change**

**Thursday, January 18<sup>th</sup>, 2024 from 1:00pm – 3:00pm ET**

Available On-Demand in February 2024

In this webinar, we will explore the many factors that contribute to health behavior change. Lifestyle Coaches will learn how to talk about and support changes in their groups in a way that moves beyond a singular focus on motivation to a focus on skills, strategies, and support that are proven to increase the likelihood of change.

## *Diversity, Equity, & Inclusion*

### **Lifestyle Change Upstream: Practical Tips for Lifestyle Coaches Addressing Social Determinants of Health**

**Tuesday, March 19<sup>th</sup>, 2024, from 1:00pm – 3:00pm ET**

Available On-Demand in April 2024

The success of the Lifestyle Change Program is the benefit to all participants in reducing or delaying their risk of developing type 2 diabetes. Ensuring that ALL participants meet program goals is critical to helping them reduce their risk and achieving those goals demand that we attend to our participants' unique needs and realities. In this webinar, we will explore the many ways that programs and coaches are uncovering participant needs and addressing them through program partnerships, facilitation approaches, and resource sharing.

# DTTAC *Advance*<sup>™</sup> Live Webinars

## *The Science of Change*

### **Reducing Stress and Reducing Risk:** Understanding the Role of Stress in Diabetes Prevention and How Lifestyle Coaches Can Better Support Participants

**Thursday, May 23<sup>rd</sup>, 2024 from 12:00pm – 1:00pm ET**

Available On-Demand in June 2024

The science of stress and its role in our health is ever- evolving. There is a greater understanding of the role that stress plays in diabetes risk and management. In this webinar, we will hear the latest science around stress and diabetes risk and then focus on practical things Lifestyle Coaches can do to help participants cope with stress in order to support their diabetes prevention goals.

## *Health & Wellness*

### **Balancing the Scales:** Inspiring a Healthy View of Weight in the National DPP Lifestyle Change Program

**Tuesday, June 18<sup>th</sup>, 2024 from 12:00pm - 2:00 pm ET**

Available On-Demand in July 2024

The National DPP Lifestyle Change Program emphasizes a 4-7% weight loss in order to achieve Type 2 diabetes risk reduction. At the same time, Lifestyle Coaches and the program materials and lifestyle coaches focus around on a lifestyle change approach versus a diet approach. In this webinar, we will discuss how to balance the emphasis on achieving weight loss goals with equal attention to changes participants are making in service of their health that may not be reflected on the scale.



# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

## *Diversity, Equity, & Inclusion*

### **Introduction to Health Equity and the National DPP**

**Length: 90 minutes**

Inequities are all around us and experienced differently by diverse groups of people. Understanding the basis for these inequities is key for organizations and lifestyle coaches to implement and deliver an inclusive National DPP. In this introductory health equity webinar, attendees learn the foundation for diabetes inequities, what contributes to these inequities, and potential problems that participants may face on their journey toward a healthy lifestyle. Resources for understanding health equity in communities as well as practices for implementing and delivering an inclusive National DPP program are discussed.

### **Cultural Humility and the National DPP**

**Length: 90 minutes**

A person's culture plays a significant role in their lifestyle behaviors such as food, physical activity, and beliefs about health. In this webinar, lifestyle coaches explore the ways in which one's culture can help or hinder their engagement and progress in the lifestyle change program. Facilitators and panelists discuss appropriate adaptations to recruitment and program delivery based on an understanding of the diversity of cultures being served by the organization.

### **The Social Determinants of Health and the Lifestyle Change Program**

**Length: 90 minutes**

Social determinants of health (SDOH) are the conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. In this webinar, the audience examines the impact of SDOH on individuals at risk for diabetes and explores how organizations and lifestyle coaches can address SDOH in program design and delivery to set all participants up for success.

### **Understanding Bias and the National DPP**

**Length: 90 minutes**

Bias can be innate or learned, and many biases are unconscious or implicit. As organizations and lifestyle coaches who intend to serve all people at risk for diabetes, it is important to examine bias and its potential to inadvertently exclude participants from engaging in our National DPP programs. This webinar expands the understanding of bias and provides program coordinators and lifestyle coaches with strategies for limiting the negative role that bias can play in our participants' and organizations' success.

### **Making Moves Forward: Approachable Physical Activity for All**

**Length: 60 minutes**

Lifestyle coaches facilitating the National DPP lifestyle change program often have participants with a variety of health conditions that may impact their ability or likelihood to engage in physical activity. From participants with mild joint pain to participants with disabilities, barriers to physical activity can feel like overwhelming obstacles to participants hoping to achieve program physical activity goals. In this webinar, attendees will explore strategies for helping participants find success with their physical activity goals, regardless of physical limitations and abilities.

### **Recognizing Realities: Understanding Flexibility Within Fidelity to Meet Participant Needs**

**Length: 60 minutes**

An audience-centered approach to National DPP program delivery is essential to meet the diverse needs and realities of program participants. This webinar will discuss strategies to gather information about these realities and needs at the organizational and lifestyle coach level. Learners will also explore ways to make session activities and conversations relevant and impactful while keeping program fidelity. Attendees will be given a framework for assessing appropriate flexibility within the fidelity of the National DPP.

### **Prevention Priorities: Identifying and Reaching Priority Populations**

**Length: 60 minutes**

Inequities in incidence and prevalence of diabetes and pre-diabetes have highlighted a need to focus prevention efforts on “priority populations”. This training will address the disproportionate effects of diabetes and pre-diabetes on certain populations of people. Learners will discuss defining and identifying priority populations in their communities and explore strategies to engage with these populations.

### **It’s Raining Men: Engaging Men in the National DPP**

**Length: 90 minutes**

According to the National Diabetes Statistics Report, more men than women have prediabetes. However, participation in the National DPP among men, particularly minority men, lags behind women. It’s Raining Men explores factors contributing to the lack of engagement among men and discusses strategies for engaging more men in lifestyle change programs. Stories from successful lifestyle change programs and similar health promotion efforts aimed at men are shared.

# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

## *Diversity, Equity, & Inclusion*

### **Food Insecurity and Lifestyle Change: How to Assess and Navigate Food Access and Insecurity**

**Length: 120 minutes**

Lifestyle change program participants come from all socioeconomic demographics and community settings. Additionally, the lasting impact of COVID-19 has resulted in more individuals facing economic hardship. Many participants face challenges around food access and/or food insecurity. This webinar discusses how Lifestyle Coaches can address the issues of food insecurity within groups through assessment, group facilitation, curriculum approaches, and widely available resources.

### **Outside City Limits: Delivering the Lifestyle Change Program in Rural and Frontier Communities**

**Length: 60 minutes**

This webinar examines the experiences of lifestyle coaches and program coordinators who deliver the National DPP in rural and frontier communities. Panelists share their successes, challenges and resources for rural program delivery in states across the country.

## *Group Dynamics & Facilitation*

### **Powerful Questions: The Lifestyle Coach's Superpower**

**Length: 60 minutes**

Asking questions as a coach can inspire deep reflection, reveal unrecognized strengths, and create pivotal moments for participants. While the CDC curricula offer starting questions for Lifestyle Coaches, it is often the unscripted moments in a program session that a powerful question has the potential to impact a participant. In this webinar, facilitators will discuss the potential impact of powerful questioning, provide examples and practice powerful questioning.

### **Groovin' Groups in Any Mode: Creating & Maintaining Positive Group Dynamics in the Lifestyle Change Program**

**Length: 120 minutes**

A positive, supportive group environment is a powerful force in the lifestyle change program. Regardless of program delivery mode, building rapport and trust, creating space in sessions for participants to form connections, and leveraging group problem-solving and support are all examples of ways Lifestyle Coaches help to create grooving groups. In this webinar, we will discuss and problem-solve how to create and maintain a positive group environment and strategies for managing common group challenges.

# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

## *Science of Change*

### **Exploring Readiness: Understanding, Assessing For and Promoting Readiness to Change**

**Length: 90 minutes**

Behavior science tells us that people progress through stages of readiness as they considering making a behavior change. In this webinar, Lifestyle Coaches will learn more about the science of readiness to integrate into their delivery of the National DPP. Webinar participants will hear how Lifestyle Coaches are incorporating readiness assessment into their lifestyle change programs, and most importantly how Lifestyle Coaches can use their understanding of the change process to support participants in their diabetes prevention efforts.

### **Habit Formation: Empowering Participants to Build Sustainable Habits for Lifestyle Change**

**Length: 60 minutes**

Maintaining motivation is difficult when aiming for lifestyle change, but habits can effectively support change regardless of ones' motivation at a particular point in time. In this webinar on behavior change, lifestyle coaches will be introduced to the science of habit formation and will learn how to effectively support participants' habit formation skills as they aim to reduce their risk for developing type 2 diabetes.

### **Charge Up the Change: Tools and Strategies to Support Participant Behavior Change**

**Length: 120 minutes**

Self-monitoring, action planning, and problem solving combined with key facilitation approaches are examples of tools and strategies lifestyle coaches use to support and empower participants as they work towards their diabetes prevention goals. In this webinar, facilitators will discuss and practice these strategies and how lifestyle coaches can optimize their use in support of participants change process.



# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

## *Health & Wellness*

### **All Foods Can Fit: Understanding the Nutrition Approach of the National DPP**

**Length: 60 minutes**

The National DPP lifestyle change program is not an individualized nutrition program. Nor is it intended to be a restrictive or prescriptive diet. Many lifestyle coaches struggle with this less directive approach to lifestyle change and wonder if giving more specific guidance would yield faster or more ideal results. In this webinar, the current approach to healthy eating presented in the refreshed Prevent T2 curriculum will be reviewed and explained. Experienced lifestyle coaches with nutrition science expertise will share their perspectives and reflect on their efforts to help participants understand this nutrition guidance and make changes to support diabetes prevention.

## *Program Implementation*

### **Delivering with Data: How Lifestyle Coaches and Coordinators Use Data to Serve Participants and Improve Program Outcomes**

**Length: 60 minutes**

Data collection for the National DPP extends far beyond submitting a file to the DPRP. Data can be used before, during, and after your program implementation that will shape not only participant success, but also organizational sustainability. Whether you are a lifestyle coach or a program coordinator, there is much that can be done to better meet the needs of individual participants and the community you serve. This webinar will discuss the importance of collecting and using organizational, community and program data to strengthen program implementation, delivery, and participant outcomes.

### **The Trouble with Tracking: Strategies for Participant and Lifestyle Coach Success with Food Tracking**

**Length: 60 minutes**

Food and activity tracking is the number one predictor of success in the lifestyle change program. This webinar refreshes coaches on the purpose of tracking in the lifestyle change program and discusses ideal kinds of feedback that lifestyle coaches provide in trackers. Most importantly, learners explore common challenges with trackers, including encouraging participants to track more often, dealing with literacy issues, and best practices for reviewing trackers.

# DTTAC *Advance*<sup>™</sup> Bootcamps

National virtual advanced trainings with in-depth exploration in a topic area, enhancing the skills of trained lifestyle coaches, program coordinators, and Master Trainers to improve National DPP delivery in contexts across the country. These 4–8 hour trainings provide ample time for a detailed presentation, rich group discussion, and virtual or in person interaction.

**CE credits\*** available at no additional cost for:

- Registered Dietitians (CDR)
- Certified Diabetes Educators (CDE)
- Certified Health Education Specialists (CHES)

*\*Live attendance is mandatory for participation in DTTAC *Advance*<sup>™</sup> Bootcamps.*

4-hour topics can be combined with an additional 4-hour bootcamp for a two-day training on related or unrelated topics. All can be customized to the audience (panelists, key focus areas)

## *Group Dynamics and Facilitation*

### **Recipe for Success: Advancing Facilitation Skills**

**Length: 4 hours**

This in-depth training will provide lifestyle coaches with an opportunity to assess, review, and enhance their facilitation skills, the “secret sauce” for successful delivery of the lifestyle change program in any modality. Through engaging activities, role-playing, case study discussions, and peer sharing, the learner will deepen their comfort and competency with key facilitation skills. Strategies for enhancing and managing group dynamics for both in-person and distance delivery modes will be discussed.

## *Program Implementation*

### **Participant Retention in the National DPP: A Three Layer Cake**

**Length: 4 hours**

This in-depth training will explore participant retention in the National DPP lifestyle change program, a critical component to both participant and organizational success. Through facilitated discussion, experiential activities, and peer dialogue, learners will explore best practices for increasing program retention at the organization, coach, and participant levels.

### **It's Raining Men: Engaging Men in the National DPP**

**Length: 4 hours**

According to the National Diabetes Statistics Report, more men than women have prediabetes. However, participation among men, particularly minority men, in the National DPP lags behind their female counterparts. This training will explore factors contributing to the lack of engagement among men and discuss strategies for engaging more men in lifestyle change programs. Creating an inclusive atmosphere where all feel accepted, connected, and understood is essential to success for participants in the National DPP. Stories from successful lifestyle change programs and similar health promotion efforts aimed at men will be shared. Training participants will have the opportunity to hear from subject matter experts, share best practices, and practically apply concepts learned.

### **Enhancing the Delivery of the Lifestyle Change Program through a Health Equity Lens**

**Length: 8 hours**

Racial/ethnic inequities exist in the risk, development, and complications of type 2 diabetes, with people of color experiencing the greatest burden of disease. As a lifestyle coach aiming to prevent type 2 diabetes, developing a health equity lens is imperative to ensure equity in outcomes for all participants. This advanced training will explore issues of bias, social determinants of health, systemic racism, and cultural humility in communities and lifestyle change programs. Participants will learn how to adapt and apply these concepts to the National DPP program delivery for specific at-risk populations.

### **Exploring Inclusion and Culture: How a Culturally Humble and Inclusive Approach Can Help Improve Engagement, Retention, and Outcomes of the National DPP**

**Length: 8 hours**

A person's culture plays a significant role in their lifestyle behaviors such as food, physical activity, and beliefs about health. Additionally, creating an inclusive atmosphere where all feel accepted, connected, and understood is essential to success for participants in the National DPP. This advanced training will provide insight into how a culturally humble approach and creating an inclusive atmosphere contributes to retention, engagement, and achievement of program goals for participants in the National DPP. Facilitators and panelists will discuss appropriate adaptations to recruitment and program delivery based on an understanding of the diversity of cultures and backgrounds being served by the organization. This training will explore key pillars to successful, culturally specific interventions, and cultural sensitivity.

# DTTAC *Advance*<sup>™</sup> Bootcamps

## *Diversity, Equity, and Inclusion*

### **Implementing Health Equity in Practice: Practical Ways to Apply Health Equity Principles in National DPP Delivery**

**Length: 4 hours**

This bootcamp is designed to provide actionable insights and techniques for fostering inclusivity and cultural humility in the National DPP. Discover innovative approaches to bridge gaps, nurture empathetic relationships, and build trust within your groups. Engage in interactive sessions, gain valuable tools, and learn from lifestyle coaches across the country about their innovative approaches. All in service of working to deliver the National DPP in such a way that provides equal opportunity for each participant to achieve success.

## *Science of Change*

### **Habit Formation: Empowering Participants to Build Sustainable Habits for Lifestyle Change**

**Length: 4 hours**

Maintaining motivation is difficult when aiming for lifestyle change, but habits can effectively support change regardless of ones' motivation at a particular point in time. In this webinar on behavior change, lifestyle coaches will be introduced to the science of habit formation and will learn how to effectively support participants' habit formation skills as they aim to reduce their risk for developing type 2 diabetes.

### **Navigating the Jungle of Change: Understanding and Optimizing Participant Behavior Change**

**Length: 8 hours**

In the DTTAC Behavior Change Bootcamp, Navigating the Jungle of Change, lifestyle coaches will receive both theoretical and practical information about and strategies for understanding the change process and how to support process for their program participants.

Day 1 in the jungle will include some theoretical foundations of change and discussions and activities to apply their understand of change to themselves and their participants. Day 2 in the jungle will build on the day one understanding to explore practical ways that lifestyle coaches can support participant behavior change. Exploring readiness, building self-efficacy, resolving ambivalence and focusing on habit formation are examples of topics covered on day 2. Panel presentations and panel discussion, video clips, breakout room case studies, and personal reflection are examples of jungle activities included throughout the training.