

Group Coaching Certificate

Enhancing the confidence and skills of National DPP Lifestyle Coaches



Why join?

This program is designed to elevate the coaching skills of Lifestyle Coaches who have been delivering the lifestyle change program for at least one year. By becoming a Group Coaching Specialist, you will be equipped with the knowledge and skills to confidently implement group facilitation and behavior change methods.

Program Benefits:

- Access CDC approved training material delivered by expert DTTAC Master Trainers
- Earn a Group Coaching certificate and designation upon completion of a final exam
- Connect with like-minded peers and Master Trainer facilitators
- Receive Group Coaching Specialist designation

Group Coaching Competencies:

This 6-month long program will delve into the 5 core coaching competencies:

1. Building rapport, trust, intimacy, and creating a coaching presence
2. Enhancing communication skills
3. Applying skills specific to groups
4. Cultivating self-management skills
5. Propelling health behavior change

Schedule:

- **Duration:** February 3, 2026 – August 4, 2026
- **Day/Time:** Every Tuesday from 12-2pm ET
- **Formation:** Live weekly Zoom sessions (attendance required)

Cost: The Group Coaching Specialists program costs \$2500.

Registration: Click [here](#) to register! If you have any questions, please email dttac@emory.edu.