

## Lifestyle Coach

### Position Summary

Lifestyle Coaches are affiliated with an organization that is a CDC-recognized provider (or for which recognition is pending) of the National Diabetes Prevention Program lifestyle change program. Lifestyle Coaches lead groups of participants through a year-long program using the National Diabetes Prevention Program lifestyle change program curriculum. The curriculum consists of 16 core sessions (held approximately every week for 16-26 weeks) and a minimum of 6 post-core sessions (held approximately every month for the remainder of the year). Lifestyle Coaches will help participants develop and maintain the skills needed to adopt healthy eating and physical activity habits, and support participants by providing information, encouraging progress, and working with the group to address any challenges or barriers that arise. Lifestyle Coaches do not need to be health care professionals; they must be effective facilitators and support the group process as it relates to behavior change.

### Qualifications

- Knowledge of the principles of behavior change and group facilitation
- Ability to communicate effectively with individuals and in front of a small group
- Ability to guide behavior change without prescribing personal actions or solutions
- Ability to build relationships with individuals and create community within a group
- Ability to work with a diverse group of people of varying ages, ethnicities, life experiences, etc.
- Active listening skills
- Enthusiasm and a positive attitude
- Knowledge of basic health, nutrition, and fitness principles

## Key Responsibilities

- ✓ Facilitate sessions over the course of the 1-year program (weekly sessions for 16-26 weeks followed by monthly sessions for the remainder of the year)
- ✓ Create an environment that is motivating, supportive, non-competitive, and non-judgmental
- ✓ Continually reinforce and integrate session material, build on concepts by referring back to previous sessions and discussions
- ✓ Promote group discussion whenever possible and appropriate
- ✓ Engage group dynamics to build accountability among participants
- ✓ Support participants by providing information, encouraging progress, and working with the group to address challenges or barriers that arise
- ✓ Encourage goal setting on a weekly basis
- ✓ Make learning a shared responsibility for the group
- ✓ Prepare for each session (i.e. review lesson plan and content for each session, provide feedback on participants' food and activity trackers).
- ✓ Deliver the National Diabetes Prevention Program lifestyle change program as it was designed. Lifestyle Coaches can add their personal strengths as a coach and provide culturally relevant examples of food, types of physical activity, etc. but should not alter the curriculum.
- ✓ Maintain high standards and expectations of self and participants including attendance, starting on time, weekly weigh-ins, self-monitoring, and problem solving
- ✓ Be accessible to participants before and after sessions to answer questions and follow-up on any questions that cannot be answered during class time
- ✓ Follow-up with participants outside of class if they are unable to attend a class
- ✓ Record weekly data for each participant for submission to the Diabetes Prevention Recognition Program (DPRP)

## Qualities of a Good Lifestyle Coach\*

Empathetic	Approachable	Guiding facilitator
Passionate	Empowering	Motivating
Open-minded	Organized	Good role model
Enthusiastic	Flexible	Dynamic
Good sense of humor	Knowledgeable	Willing to learn
Compassionate	Good listener	Welcoming
Confident	Informative	Dependable
Warm	Engaging	Poised
Sensitive	Adaptable	Non-judgmental
Caring	Creative	Cheerleader
Believe in the program	Culturally sensitive	Professional demeanor
Patient	Mentor	Recognizes limits
Personable	Leader	Involved in community
Trustworthy	Coach	Will stick to the program
Energetic	Resourceful	Comfortable in front of a group
Fun	Encouraging	Familiar with materials

\*Compiled from activities done with DTTAC Master Trainers and Lifestyle Coaches