



NEPT Practitioner Retreat Schedule

Monday, March 2nd, 2015 – Foundations

*** All times are approximate**

7:30 am	Breakfast (Served until 8:45 am)
9:00 am <i>Use Handout Pkg #1</i>	<ul style="list-style-type: none"> • Opening, Introduction, Schedule <ul style="list-style-type: none"> ○ Handout (p.1): Your Big WHY ○ Handout (p.2): Getting to Know Each Other ○ Handout (p.7): What Does It Take to Succeed as a Health Coach? ○ Handout (p.8): Holistic Health Practitioner Success Model ○ Handout (p.9): Root Cause Analysis and Client Care Model
	<ul style="list-style-type: none"> • Mastering the Client Assessment Process <ul style="list-style-type: none"> ○ Handout (p.11): Values Clarification Process ○ Handout (p.18): Connecting With Your Vision Process ○ Handout (p.23): Strategy Session Intake Form – List of Questions ○ Handout (p.25): History Taking Guidelines ○ Handout (p.27): Mastering the Nutritionally Oriented Client History ○ Handout (p.30): History Taking Shortcut ○ Handout (p.31): Nutrient Assessment Chart
12:30 pm	Lunch
1:30 pm	<ul style="list-style-type: none"> • History Taking Demonstration and Break Out Groups <ul style="list-style-type: none"> ○ Handout: Vibrant Health Roadmap
	<ul style="list-style-type: none"> • Designing Your Practice and Your Life <ul style="list-style-type: none"> ○ Handout (p.36): Ideal Client/Ideal Life – Worksheets ○ Handout (p.38): How to Get the Most From Your Spotlight Coaching Session
6:00 pm	Supper
	<ul style="list-style-type: none"> • (Optional) After dinner, attend an informal Q&A / Spotlight Coaching session



NEPT Practitioner Retreat Schedule

Tuesday, March 3rd, 2015 – Foundations

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7:30 am	Breakfast (Served until 8:45 am)
9:00 am <i>Use Handout Pkg #1</i>	<ul style="list-style-type: none">• Sharing Time• How to Get Started Making Income NOW With What You Know<ul style="list-style-type: none">○ Handout (p.40): Checklist of Potential Income Streams○ Handout (p.44): Your Sound Byte Answer to “What Do You Do?”
	<ul style="list-style-type: none">• Spotlight Coaching Masterminds: Part 1<ul style="list-style-type: none">○ Handout (p.45): Spotlight Coaching Notes
12:30 pm	Lunch
1:30 pm	<ul style="list-style-type: none">• Spotlight Coaching Masterminds: Part 2
	<ul style="list-style-type: none">• Packaging Your Genius and Filling Your Programs<ul style="list-style-type: none">○ Handout (p.46): Design Your Own Health Coaching Program○ Handout (p.49): Attracting and Enrolling Clients○ Handout (p.53): Practice Levels and Models○ Handout: Health Practice Roadmap
6:30 pm	Supper



NEPT Practitioner Retreat Schedule

Wednesday, March 4th, 2015 – Foundations/Mastery & Certification

* All times are approximate

7:30 am	Breakfast (Served until 8:45 am)
9:00 am <i>Use Handout Pkg #2</i>	<ul style="list-style-type: none"> • Sharing Time • Mastering the Nutritional Oriented Exam <ul style="list-style-type: none"> ○ <i>Handout (p.1): Nutritionally Oriented Physical Exam</i> • Exam Demonstration by Dr. Ritamarie <ul style="list-style-type: none"> ○ <i>Handout (p.12): At-Home and In-Office Tests</i>
	<ul style="list-style-type: none"> • How to Lead Effective Coaching Groups: Lynn DeBuhr Johnson • Herb and Nutrient Assignments <ul style="list-style-type: none"> ○ <i>Handout (p.13): Assignment: Nutrient and Herb Grab Bag</i>
12:30 pm	Lunch
** <i>Separate Handout Pkg</i>	<ul style="list-style-type: none"> • Livestream Demo – Google Hangouts • The Master Health Tracker Tour <ul style="list-style-type: none"> ○ <i>Handout** (pp.1-40): Master Health Tracker (Retreat Version)</i> • Lab Testing <ul style="list-style-type: none"> ○ <i>Handout (p.16): Lab Ordering for NEPT Practitioners</i> • Blood Chemistry Software – Online Demo • Certification Requirements and Coaching Opportunities <ul style="list-style-type: none"> ○ <i>Handout (p.19): NEPT Certification Requirements</i> ○ <i>Handout (p.21): Coaching Opportunities</i> • How to Do an Effective Case Study <ul style="list-style-type: none"> ○ <i>Handout (p.22): Case Study Template – Certification</i> ○ <i>Handout (p.26): Case Study: 53 y/o Cosmetologist – Rash and Fatigue – Presented by Jan Chamberlain</i> • Closing and Stepping into Your Future (Foundations)
6:30 pm	Supper
	<ul style="list-style-type: none"> • (Optional) After dinner, attend an informal Q&A / Spotlight Coaching session



NEPT Practitioner Retreat Schedule

Thursday, March 5th, 2015 – Mastery & Certification

* All times are approximate

7:30 am	Breakfast (Served until 8:45 am)
9:00 am ** Separate Handout Pkg	<ul style="list-style-type: none">• Check-ins and Sharing Time• Advanced Lab Testing• Blood Chemistry<ul style="list-style-type: none">◦ Handout** (pp.21-29): Master Health Tracker (Retreat Version) – Lab Results
	<ul style="list-style-type: none">• Adrenal Tests• Essential Fatty Acid Test• Client Assessment Tools (CAT) Lab Overview
12:30 pm	Lunch
	<ul style="list-style-type: none">• Spotlight Coaching Masterminds: Part 1<ul style="list-style-type: none">◦ Handout: Spotlight Coaching Notes
6:30 pm	Supper

Friday, March 6th, 2015 – Mastery & Certification

* All times are approximate

7:30 am	Breakfast (Served until 8:45 am)
9:00 am	<ul style="list-style-type: none">• Check-ins and Sharing Time
	<ul style="list-style-type: none">• Spotlight Coaching Masterminds: Part 2
12:30 pm	Lunch
	<ul style="list-style-type: none">• Cases• Closing
6:30 pm	Supper