

## Transformational Learning: Diversity/Equity/Inclusion/Belonging Cohort for Lifestyle Change Coaches

Register today at [www.nmhealthequity.org/NDPPNM](http://www.nmhealthequity.org/NDPPNM)

Racism, oppression, equity, and equality are all terms present in our current society. This cohort, developed and led by Constellation Consulting Team Members Benjamin Jacquez and Natalie Pena, provides members with an understanding of addressing systems change and individual change, as well as an understanding of how to communicate with coworkers, community collaborators, and clients, utilizing diversity/equity/inclusion/belonging language and actions.

**Cohort Session 1:** *Understanding Behaviors and Practices That Exclude People and Their Place in Our Systems*, Wednesday, November 9 and Thursday, November 10 - 8:30 a.m. - 12:30 p.m. on both days

**Cohort Session 2:** *Effective Communication*, Wednesday, January 11 and Thursday, January 12 - 8:30 a.m. - 12:30 p.m. on both days.

These sessions are offered online only, and cohort members should plan to attend all sessions. This cohort has been specially designed for National Diabetes Prevention Program Lifestyle Change Coaches in New Mexico. Cohort members must make the commitment to participate in all online sessions, as well as engage on their own or with the group in individual transformation exercises.

Cohort members will receive a workbook, access to our cohort coaches, and a Certificate of Completion. This work is funded by the New Mexico Department of Health Diabetes Prevention & Control Program. Space is limited. To register, please visit [www.nmhealthequity.org/NDPPNM](http://www.nmhealthequity.org/NDPPNM).

### MEET OUR TRAINERS/FACILITATORS



**Natalie Pena**



**Benjamin Jacquez**

Constellation Consulting, LLC works in collaboration with the New Mexico Department of Health, Diabetes Prevention & Control Program to support the National Diabetes Prevention Program.

For more information, please visit [www.nmhealthequity.org/NDPPNM](http://www.nmhealthequity.org/NDPPNM) or contact us at [info@ConstellationNM.com](mailto:info@ConstellationNM.com).