The Coaching Elements Quest 20 Week Curriculum Syllabus

Veek 1				
The Portal: Embarking on Your Path Introduction & Welcome		our Path	Scrolls of Healthcare: The Modern Guide's Role Integrating Health Coaching with Modern Healthcare	
0.5 hour	Synchronous		0.5 hour Asynchronous	
		Guild: Origins & Purpo he Role of Health and We		
1 hour	Synchronous			
	Practice: Defining	Your Domain oundaries and Limitations	in Health Coaching	
1 hour	Synchronous			
	Health: Understan the Comprehensive	ding Wellness Dimensions of Health and	Wellbeing	
1 hour	Synchronous			
	ection Hearth o reflect and integrat	e the week's learnings		
1 hour	Synchronous			
Reflectio	n Journal			



Reflection Journal

Message Board Discussion

Weekly Total: 5 hours Synchronous: 4 hours

Asynchronous: 1 hour

The Alliance Network: Fellowship of Healers Professional Networks and Client Care Transitions			Champion's Choice: Empowering Freedom Supporting Client Autonomy and Decision-Making				
1 hour	Synchronous			0.5 hour	Asynchronous		
True North: The Path of Authenticity Aligning Personal Values with Professional Practice				The Scribe's Duty: Chronicles of Care Managing Client Records and Coaching Documentation			
1.5 hours	Synchronous			1 hour	Asynchronous		
	The Practice Arena Applied Skills & Live Training						
1 hour	Synchronous						
Reflection	Journal						
Case Stud	ly						
Weekly Tot	al: 5 hours			Level 2			
Synchronous: 3.5 hours					f Honor: Ethics & Professional Mastery		
Asynchronou	us: 1.5 hours			Knowledge	Check		

Week 5

	The Guiding Star: Mastery of Non-Direction Developing Client-Led Approaches in Coaching						
	1.5 hours	Synchronous					
	Aura of Acceptance Creating a Supportive and Non-Judgmental Environment						
	1.5 hours	Synchronous					
	Cultural Apprentice: The Path of Openness Applying Cultural Awareness Techniques in Coaching Sessions						
	1.5 hours	Synchronous					
	The Reflection Hearth A space to reflect and integrate the week's learnings						
	1 hour	Synchronous					
	Reflection Journal						
	Message Board Discussion						
,	Weekly Total: 5 hours						

Synchronous: 5 hours

The Inner Sanctuary: Finding Your Center Enhanced Perception: The Art of Deep Listening **Developing Mindful Awareness in Coaching Practice** Advanced Listening Skills for Effective Coaching Synchronous 1 hour 0.5 hour Asynchronous **Restoration Ritual: The Healer's Rest** The Quiet Code: Speaking Without Words Maintaining Coach Wellbeing and Professional Growth Understanding and Using Body Language in Coaching 0.5 hour 1 hour Asynchronous **Synchronous** Mind Forge: Mastering Inner Balance Bridge Builder: The Art of Peaceful Negotiation Managing Personal Emotions and Responses Compassionate and Effective Communication Techniques 0.5 hour Synchronous 1 hour **Asynchronous** The Practice Arena Applied Skills & Live Training 1 hour **Synchronous Reflection Journal** Case Study Weekly Total: 5 hours Synchronous: 3.5 hours Asynchronous: 1.5 hours Week 7 **Quest Alignment** Creating Ideal Client Profiles and Target Demographics 1 hour **Synchronous** Vitality Shield: Preventing Burnout Preventing Professional Exhaustion and Maintaining Coaching Effectiveness 1 hour **Synchronous** Vanguishing Doubt: The Mentor Within Managing Self-Doubt and Building Professional Confidence 1 hour **Synchronous**

Fellowship Foundations: Building Trust & Rapport **Creating Strong Client-Coach Relationships**

1 hour **Synchronous**

The Reflection Hearth

A space to reflect and integrate the week's learnings

1 hour **Synchronous**

Reflection Journal

Message Board Discussion

Weekly Total: 5 hours Synchronous: 5 hours

Level 3

The Awakened Path - Cultivating Coaching Presence Knowledge Check

Week 8 **Boundary Ward: Establishing Sacred Space** Setting and Maintaining Professional Limits 1 hour **Svnchronous Inner Arsenal: Building on Strengths** Identifying and Leveraging Client Capabilities 1 hour Synchronous Wavelength: Advanced Empathy Arts Advanced Methods for Developing Client Empathy 2 hours **Synchronous** The Practice Arena Applied Skills & Live Training 1 hour **Synchronous Reflection Journal Case Study** Weekly Total: 5 hours Synchronous: 5 hours Week 9 **Reality Anchor** Light Seeker: The Power of Positivity Setting Realistic Goals and Outcomes Applying Strengths-Based Approaches to Client Wellbeing 0.5 hour 1 hour Synchronous Asynchronous Mending Ways: The Art of Restoration **Resolving Coaching Relationship Challenges** 1 hour Synchronous

Conversation Mastery: Guiding the Flow

Guiding Productive Coaching Dialogues and Discussions

1 hourSynchronous

The Reflection Hearth A space to reflect and integrate the week's learnings

1 hour Synchronous

Reflection Journal

Message Board Discussion

Weekly Total: 4.5 hours

Synchronous: 4 hours Asynchronous: 0.5 hours

Safe Space Seeker: Engaging the Hesitant
Working with Hesitant or Resistant Coaching ParticipantsT
A2 hoursSynchronous1Ritual Keeper: Mastering Daily Practices
Sustainable Behavior Change Practices

1 hour Synchronous

The Change Codex: Volume I

Core Principles of Behavioral Change

1 hourSynchronous

The Practice Arena

Applied Skills & Live Training

1 hour Synchronous

Reflection Journal

Case Study

Weekly Total: 6 hours

Synchronous: 5 hours

Asynchronous: 1 hour

Week 11

Core Values Quest: Finding Inner Truth The Change Compass: Mapping Progress Identifying Core Client Values and Motivations The Transtheoretical Model of Change 0.5 hour 1 hour **Synchronous** Asynchronous Vision Quest: Lighting the Way Creating Long-term Health and Wellness Goals 1 hour Synchronous **Motivation's Echo: The Art of Inspiration** Using Collaborative Dialogue to Enhance Client Motivation 2 hours **Synchronous** The Reflection Hearth A space to reflect and integrate the week's learnings 1 hour **Synchronous Reflection Journal Message Board Discussion** Weekly Total: 5.5 hours Level 4 Synchronous: 5 hours The Path of Growth: Advanced Techniques Knowledge Check Asynchronous: 0.5 hours

The Change Codex: Volume II

Applying Behavior Change Models in Coaching

1 hour Asynchronous

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Trial of Earth

First Practical Skills Assessment

- · Ground your foundational coaching skills
- 30-minute recorded coaching session
- 20-minute faculty feedback session
- · Focus: Building a stable foundation of core coaching competencies
- Key Assessment: Basic coaching structure and presence

Schedule Individually during week 12

Week 12 Quest Design: Crafting the Session Strategic Cartography: Mapping Goals Structuring Effective Coaching Sessions **Creating SMART Goals** 0.5 hour 1 hour **Synchronous** Asynchronous The Sacred Scroll: Establishing Trust Sage's Inquiry: The Art of Deep Questions Using Strategic Questions to Promote Client Insight Establishing Clear Relationships and Expectations 1 hour 0.5 hour Asynchronous Svnchronous The Practice Arena **Progress Metrics: Visualizing Growth** Applied Skills & Live Training Measuring Progress and Change Through Assessment 1 hour Synchronous 0.5 hour Asynchronous The Mentor's Pack: Tools of the Trade **Reflection Journal** Practical Resources for Coaching Sessions **Case Study** 0.5 hour Asynchronous Weekly Total: 5 hours

Synchronous: 3 hours Asynchronous: 2 hours

Momentum Magic: Sustaining Progress

Sustaining Client Progress and Engagement

1 hour Synchronous

Victory Tracker: Marking Wins Evaluating and Tracking Client Outcomes

1 hour Synchronous

Trauma-Aware: Walking Wounded Paths

Understanding and Supporting Clients with Trauma

2 hours Synchronous

The Reflection Hearth

A space to reflect and integrate the week's learnings

1 hour Synchronous

Reflection Journal

Case Study

Weekly Total: 5.5 hours

Synchronous: 5 hours

Asynchronous: 0.5 hours



Level 5 The Apprentice's Handbook: Essential Tools Knowledge Check



Trial of Water

Second Practical Skills Assessment

- Develop fluidity and adaptability in your coaching approach
- 30-minute recorded coaching session
- 20-minute faculty feedback session
- Focus: Flowing with client needs and adapting techniques
- Key Assessment: Flexibility and responsiveness in coaching

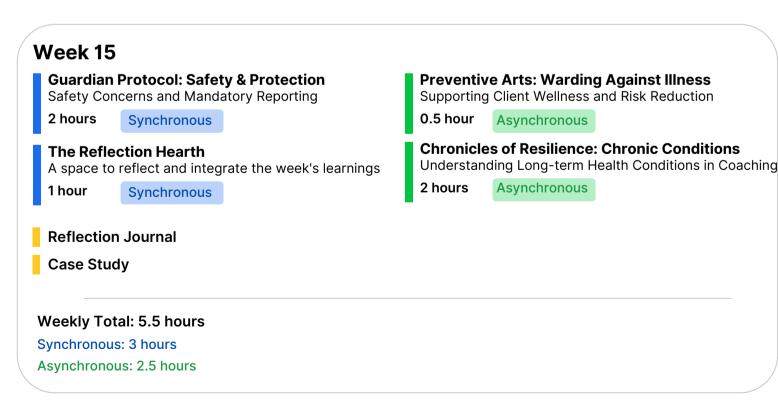
Scheduled Individually during week 14

Quest Preparation: Preparing the Journey

Planning Effective Coaching Interactions

0.5 hour Asynchronous

The Calm Keeper: Navigating Intensity Working with Challenging Client Emotional States 1 hour **Synchronous Body Whispers: The Somatic Sage** Using Body Awareness and Physical Sensations in Coaching Practice 1 hour Synchronous **Neurodiverse Navigator: Different Paths** Supporting Clients with Different Cognitive Processing Styles 1 hour **Synchronous** Mind's Eye: Mental Health Vigilance Recognizing Mental Health Concerns in Coaching Practice 1 hour Synchronous The Practice Arena Applied Skills & Live Training 1 hour **Synchronous Reflection Journal Message Board Discussion** Weekly Total: 5 hours Synchronous: 5 hours



Week 16 Health Quest: Behavior Transformation Nourishment Lore: Sustenance & Spirit Facilitating Positive Health Behavior Changes Supporting Healthy Eating and Drinking Habits 1 hour 1 hour Asynchronous Synchronous Feast of Intuition: The Mindful Table The Practice Arena Developing Healthy Relationships with Food and Eating Applied Skills & Live Training Asynchronous 1 hour 1 hour **Synchronous** Movement Arts: Physical Awakening **Reflection Journal** Promoting Movement and Exercise in Coaching Practice Case Study 0.5 hour Asynchronous **Rest Rituals: Sleep Hygiene** Supporting Healthy Sleep Patterns and Habits 0.5 hour Asynchronous **Bias Breaker: Removing Ancient Barriers** Addressing Prejudice and Discrimination in Healthcare 0.5 hour Asynchronous Weekly Total: 5 hours Synchronous: 2 hours Asynchronous: 3 hours



Synchronous: 2 hours Asynchronous: 3 hours

Access Quest: Breaking Barriers Pattern Breaker: The Path to Freedom Socioeconomic Factors and Health Access Understanding Harmful Behavioral Patterns 1 hour **Synchronous** 0.5 hour Asynchronous **The Farewell: Termination Strategies** Shields Up!: Legal Protection and Safety **Concluding Coaching Relationships** Legal Requirements and Risk Management 0.5 hour Asynchronous 1 hour Synchronous The Practice Arena Horizons Unbound: Journey Beyond Certification Applied Skills & Live Training **Developing Ongoing Professional Growth Strategies** 1 hour **Synchronous** 0.5 hour Asynchronous **Reflection Journal**

Case Study

Weekly Total: 4.5 hours

Synchronous: 3 hours Asynchronous: 1.5 hours



Level 6 & 7

The Coach's Compendium: Integration & Wisdom Fortification & Growth Acceleration Knowledge Checks

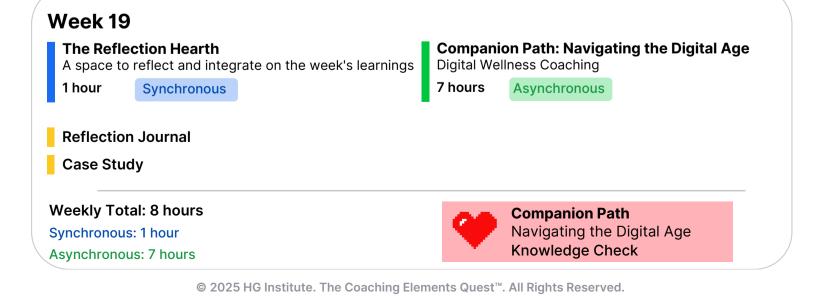


Trial of Fire

Third Practical Skills Assessment

- · Test your skills under pressure and intensity
- 30-minute recorded coaching session
- 20-minute faculty feedback session
- Focus: Maintaining presence during challenging situations
- Key Assessment: Advanced coaching techniques and resilience

Schedule Individually during week 19



The Reflection Hearth

A space to reflect and integrate on the week's learnings

2 hours Synchronous

The Practice Arena

Applied Skills & Live Training

2 hours Synchronous

Reflection Journal

Case Study

Weekly Total: 4 hours

Synchronous: 4 hours



Trial of Air

Final Practical Skills Assessment

- Final demonstration of mastery and transcendence
- 30-minute recorded coaching session
- Pass/fail evaluation
- Focus: Integration of all elements into seamless practice
- Must be completed after 80% of program completion
- Key Assessment: Complete coaching competency aligned with NBHWC guidelines

Scheduled Individually during week 20