

The Coaching Elements Quest

20 Week Curriculum Syllabus

 Synchronous  Asynchronous  Assignments

Week 1

- The Portal: Embarking on Your Path**
Introduction & Welcome
0.5 hour Synchronous
- Scrolls of Healthcare: The Modern Guide's Role**
Integrating Health Coaching with Modern Healthcare
0.5 hour Asynchronous
- Chronicles of the Coaching Guild: Origins & Purpose**
Introduction to HG Institute & the Role of Health and Wellness Coaching
1 hour Synchronous
- Realm of Practice: Defining Your Domain**
Understanding Professional Boundaries and Limitations in Health Coaching
1 hour Synchronous
- Atlas of Health: Understanding Wellness**
Exploring the Comprehensive Dimensions of Health and Wellbeing
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: 3 hours

Asynchronous: 2 hours

Week 2

Character Backstory: Understanding ACEs

The Impact of Early Life Experiences on Health

0.5 hour

Synchronous

Base Stats

Understanding Maslow's Hierarchy of Needs

0.5 hour

Synchronous

The Shadow Guide: Empowering Their Journey

Understanding the Foundations of Client-Led Coaching Approaches

1 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Forging Bonds: The Art of Connection

Building Strong Client Relationships and Trust

1 hour

Asynchronous

Your Coach Class

Exploring Core Coaching Approaches and Methods

1 hour

Asynchronous



Level 1

The Healer's Call: Mastering the Basics
Knowledge Check

Weekly Total: 5 hours

Synchronous: 3 hours

Asynchronous: 2 hours

Week 3

The Way of Humility: Cultural Wisdom

Cultural Awareness and Sensitivity in Coaching

1 hour

Synchronous

Balance of Power: Understanding the Forces

Managing Power Relationships in Coaching Sessions

1 hour

Synchronous

Trust Bound: The Coach's Promise

Protecting Client Privacy and Following Healthcare Regulations

1 hour

Synchronous

The Reflection Hearth

A space to reflect and integrate the week's learnings

1 hour

Synchronous

Reflection Journal

Message Board Discussion

The Sacred Contract

Coaching Agreements

0.5 hour

Asynchronous

The Noble Path: Walking with Honor

Maintaining Professional Standards and Ethics

0.5 hour

Asynchronous

Weekly Total: 5 hours

Synchronous: 4 hours

Asynchronous: 1 hour

Week 4

The Alliance Network: Fellowship of Healers

Professional Networks and Client Care Transitions

1 hour

Synchronous

True North: The Path of Authenticity

Aligning Personal Values with Professional Practice

1.5 hours

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Champion's Choice: Empowering Freedom

Supporting Client Autonomy and Decision-Making

0.5 hour

Asynchronous

The Scribe's Duty: Chronicles of Care

Managing Client Records and Coaching Documentation

1 hour

Asynchronous

Weekly Total: 5 hours

Synchronous: 3.5 hours

Asynchronous: 1.5 hours



Level 2

The Code of Honor: Ethics & Professional Mastery
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

Week 6

The Inner Sanctuary: Finding Your Center

Developing Mindful Awareness in Coaching Practice

1 hour

Synchronous

Restoration Ritual: The Healer's Rest

Maintaining Coach Wellbeing and Professional Growth

1 hour

Synchronous

Mind Forge: Mastering Inner Balance

Managing Personal Emotions and Responses

0.5 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Enhanced Perception: The Art of Deep Listening

Advanced Listening Skills for Effective Coaching

0.5 hour

Asynchronous

The Quiet Code: Speaking Without Words

Understanding and Using Body Language in Coaching

0.5 hour

Asynchronous

Bridge Builder: The Art of Peaceful Negotiation

Compassionate and Effective Communication Techniques

1 hour

Asynchronous

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

Vanquishing 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

Synchronous

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

Setting Realistic Goals and Outcomes

1 hour

Synchronous

Light Seeker: The Power of Positivity

Applying Strengths-Based Approaches to Client Wellbeing

0.5 hour

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 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: 4.5 hours

Synchronous: 4 hours

Asynchronous: 0.5 hours

Week 10

Safe Space Seeker: Engaging the Hesitant

Working with Hesitant or Resistant Coaching Participants

2 hours

Synchronous

Ritual Keeper: Mastering Daily Practices

Sustainable Behavior Change Practices

1 hour

Synchronous

The Change Codex: Volume I

Core Principles of Behavioral Change

1 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Weekly Total: 6 hours

Synchronous: 5 hours

Asynchronous: 1 hour

The Change Codex: Volume II

Applying Behavior Change Models in Coaching

1 hour

Asynchronous

Week 11

Core Values Quest: Finding Inner Truth

Identifying Core Client Values and Motivations

1 hour

Synchronous

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

Synchronous: 5 hours

Asynchronous: 0.5 hours

The Change Compass: Mapping Progress

The Transtheoretical Model of Change

0.5 hour

Asynchronous



Level 4

The Path of Growth: Advanced Techniques
Knowledge Check



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

Structuring Effective Coaching Sessions

1 hour

Synchronous

The Sacred Scroll: Establishing Trust

Establishing Clear Relationships and Expectations

1 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Strategic Cartography: Mapping Goals

Creating SMART Goals

0.5 hour

Asynchronous

Sage's Inquiry: The Art of Deep Questions

Using Strategic Questions to Promote Client Insight

0.5 hour

Asynchronous

Progress Metrics: Visualizing Growth

Measuring Progress and Change Through Assessment

0.5 hour

Asynchronous

The Mentor's Pack: Tools of the Trade

Practical Resources for Coaching Sessions

0.5 hour

Asynchronous

Weekly Total: 5 hours

Synchronous: 3 hours

Asynchronous: 2 hours

Week 13

Momentum Magic: Sustaining Progress

Sustaining Client Progress and Engagement

1 hour

Synchronous

Quest Preparation: Preparing the Journey

Planning Effective Coaching Interactions

0.5 hour

Asynchronous

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

Week 14

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 15

Guardian Protocol: Safety & Protection

Safety Concerns and Mandatory Reporting

2 hours

Synchronous

The Reflection Hearth

A space to reflect and integrate the week's learnings

1 hour

Synchronous

Reflection Journal

Case Study

Preventive Arts: Warding Against Illness

Supporting Client Wellness and Risk Reduction

0.5 hour

Asynchronous

Chronicles of Resilience: Chronic Conditions

Understanding Long-term Health Conditions in Coaching

2 hours

Asynchronous

Weekly Total: 5.5 hours

Synchronous: 3 hours

Asynchronous: 2.5 hours

Week 16

Health Quest: Behavior Transformation

Facilitating Positive Health Behavior Changes

1 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Nourishment Lore: Sustenance & Spirit

Supporting Healthy Eating and Drinking Habits

1 hour

Asynchronous

Feast of Intuition: The Mindful Table

Developing Healthy Relationships with Food and Eating

1 hour

Asynchronous

Movement Arts: Physical Awakening

Promoting Movement and Exercise in Coaching Practice

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

Week 17

Mind-Body Bridge: Unity of Being

Integrating Physical and Mental Wellness

1 hour

Synchronous

The Reflection Hearth

A space to reflect and integrate the week's learnings

1 hour

Synchronous

Reflection Journal

Case Study

Stress Shield: Protection Techniques

Developing Coping Strategies and Resilience

0.5 hour

Asynchronous

Recovery Road: Liberation Journey

Understanding and Supporting Recovery in Coaching

1 hour

Asynchronous

Social Circle: Bonds of Community

Building and Maintaining Healthy Relationships

0.5 hour

Asynchronous

Weekly Total: 5 hours

Synchronous: 2 hours

Asynchronous: 3 hours

Week 18

Access Quest: Breaking Barriers

Socioeconomic Factors and Health Access

1 hour

Synchronous

The Farewell: Termination Strategies

Concluding Coaching Relationships

1 hour

Synchronous

The Practice Arena

Applied Skills & Live Training

1 hour

Synchronous

Reflection Journal

Case Study

Pattern Breaker: The Path to Freedom

Understanding Harmful Behavioral Patterns

0.5 hour

Asynchronous

Shields Up!: Legal Protection and Safety

Legal Requirements and Risk Management

0.5 hour

Asynchronous

Horizons Unbound: Journey Beyond Certification

Developing Ongoing Professional Growth Strategies

0.5 hour

Asynchronous

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

Week 19

The Reflection Hearth

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

1 hour

Synchronous

Companion Path: Navigating the Digital Age

Digital Wellness Coaching

7 hours

Asynchronous

Reflection Journal

Case Study

Weekly Total: 8 hours

Synchronous: 1 hour

Asynchronous: 7 hours



Companion Path

Navigating the Digital Age
Knowledge Check

Week 20

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