Dragontree Life Coaching - Course Syllabus

WEEK 1 (00:52:29)

Module 1 - Overarching Philosophy (00:52:29)

  Intro (1:48)
  Lesson 1  Our view on the fundamental nature and drives of human beings (14:19)
  Lesson 2  Two Main approaches to holistic healing (8:42)
  Lesson 3  Expansion and Forgiveness: The keys to healing & freedom (11:00)
  Lesson 4  Understanding Forgiveness (16:40)

WEEK 2 (4:22:07)

Module 2 - Natural World as Teacher (4:22:07)

  Intro (1:31)
  Lesson 5  Natural World as Teacher (3:52)
  Lesson 6  Five phase Theory - Intro (41:34)
  Lesson 7  Five Phase Theory - Water (31:13)
  Lesson 8  Five Phase Theory - Wood (42:07)
  Lesson 9  Five Phase Theory - Fire (46:17)
  Lesson 10  Five Phase Theory - Earth (31:03)
  Lesson 11  Five Phase Theory - Metal (44:37)

WEEK 3 (2:42:53)

Module 3 - Assessment & Plan (1:12:43)

  Intro (1:43)
  Lesson 13  Assessment (15:43)
  Video: Initial Session (20:51)
  Lesson 14  Evaluation and Presentation (10:58)
  Lesson 15  Priorities, Plan, and Progress (8:34)
  Lesson 16  Introduction to Interventions (14:54)

Module 4 - [Interventions] The 6 Domains of Life (1:30:10)

  Intro (1:19)
  Lesson 17  Assessing the Vital Ingredients in the 6 Domains of Life (Video) (5:46)
  Lesson 18  Livelihood, Career & Influence (15:15)
  Lesson 19  Relationships & Family (24:45)
Lesson 20  Community Connection (12:02)
Lesson 21  Physical Wellness (12:07)
Lesson 22  Creation, Exploration, Play (8:40)
Lesson 23  Psychological & Spiritual Health (11:35)

WEEK 4 (2:12:04)

Module 5 - [Interventions] Virtue, Integrity, and Confidence (1:24:28)

  Intro (1:33)
  Lesson 24  Virtues and How to elicit them (9:01)
  Lesson 25  Integrity (13:30)
  Lesson 26  Empowerment of Your Word (23:41)
  Lesson 27  Confidence (36:43)

Module 6 - [Interventions] Values, Gifts, and Purpose (0:47:36)

  Intro (2:31)
  Lesson 28  Values and Gifts (22:44)
  Lesson 29  Discovering Purpose (22:21)

WEEK 5 (5:52:34)

Module 7 - [Interventions] - Balance, Self Care, and Relationships (2:17:32)

  Intro (2:03)
  Lesson 30  Modifying the Balance of Sweetness, Structure, and Space (27:50)
  Lesson 31  Self Care Interventions (53:30)
  Lesson 32  Conscious Community Building (16:01)
  Lesson 33  Relationship Repair (38:08)

Module 8 - [Interventions] The Five Phases (3:35:02)

  Intro (2:02)
  Lesson 34  Using the Five Phases as tools for transformation (38:49)
  Lesson 35  Healing with Water (22:36)
  Lesson 36  Healing with Wood (31:53)
  Lesson 37  Healing with Fire (52:30)
  Lesson 38  Healing with Earth (29:55)
  Lesson 39  Healing with Metal (37:17)

WEEK 6 (3:07:36)
Module 9 - [Interventions] The Darker Side of Light (1:00:10)

Intro (1:28)
Lesson 40 Managing the Inner Critic (10:24)
Lesson 41 Shining Light on the Ego (22:01)
Lesson 42 Integrating Shadow and Light (26:17)

Module 10 - [Interventions] Releasing Resistance, Baggage and Blockages (2:07:26)

Intro (2:35)
Lesson 43 Clearing Baggage Process (14:08)
Lesson 44 Body Centered Releasing (Video) (36:57)
Lesson 45 Intention - Counter Intention Process (Video) (12:55)
Lesson 46 Difficult, Important Communications (32:31)
Lesson 47 Releasing Stories (28:20)

WEEK 7

INTEGRATION WEEK (no new content)

WEEK 8 (3:33:44)

Module 11 - [Intervention] Effective Humaning (1:38:40)

Intro (2:05)
Lesson 48 Vision and Clarity (7:56)
Lesson 49 Setting goals (7:56)
Lesson 50 Planning, Implementation, and Efficiency (18:47)
Lesson 51 Time Management (10:19)
Lesson 52 Self Discipline (16:05)
Lesson 53 Systems to Avoid Overwhelm (12:05)
Lesson 54 Procrastination (7:15)
Lesson 55 Simplifying & Commitment (16:12)

Module 12 - [Intervention] And Beyond (1:55:04)

Intro (1:53)
Lesson 56 Non-Physical Intention Magic - Part One (31:04)
Lesson 57 Non-Physical Intention Magic - Part Two (27:39)
Bonus: Qi Gong Videos
Lesson 58 Empowering the Spirit (15:55)
Lesson 59 Inspiration & Expansion (19:25)
Lesson 60  Ceremony & Ritual (19:08)

WEEK 9 (1:11:46)

Module 13: Holding Space for True Alignment (1:11:46)

  Intro (2:07)
Lesson 61  Rapport & Guidance Skills (30:19)
Lesson 62  Holding Space - Part I (Video) (8:37)
Lesson 63  Holding Space - Part II (Video) (17:59)
Lesson 64  Moon Phase Model for Coaches (12:44)

WEEK 10 (2:15:06)

Module 14: Listening as a Sacred Act (1:04:27)

  Intro (1:48)
Lesson 65  Flexible Presentation (21:24)
Lesson 66  Inspirational Interviewing (21:30)
Lesson 67  Reflective Listening (19:45)

Module 15: Engaging (1:10:39)

  Intro (1:50)
Lesson 68  Exploratory Questions (16:27)
Lesson 69  How to Ask Powerful Questions (Video) (26:11)
Lesson 70  Eliciting, Highlighting, & Resistance (26:11)

WEEK 11 (3:08:57)

Module 16: Perspective and Attunement (1:57:36)

  Intro (2:29)
Lesson 71  Keeping the big picture in play (13:32)
Lesson 72  Tools for tracking (24:08)
Lesson 73  Homework Principles (11:15)
Lesson 74  Energy Attunement (25:32)
Lesson 75  How to Work with Resistant or Challenging Clients (40:40)

Module 17: Ethical Coaching (1:11:21)

  Intro (2:36)
Lesson 76  Professional Boundaries (Video) (17:28)
Lesson 77 Systems for Strong Boundaries (9:02)
Lesson 78 The Art of Self-Disclosure (19:17)
Lesson 79 Ethics and Referring (20:27)
Lesson 80 Dragontree Life Coaching Code of Ethics (Video) (2:31)

WEEK 12 (1:35:19)

Module 18: Groups and Workshops (1:35:19)

Intro (2:03)
Lesson 81 Working with Groups (35:17)
Lesson 82 Creating Workshops (29:09)
Lesson 83 Leading as a Sacred Act (28:50)