

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)
Lesson 12	Finding Balance: Sweetness, Structure, and Space (19:53)

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)
	BONUS Integrity interview with Nisha
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)