

Curriculum Overview

Unit 1: The PN Approach

Chapter 1: Introduction to Unit 1

Sample lessons:

- What you'll learn here
- 3 key facts about stress & recovery
- Program components

Chapter 2: Your learning & personal 3R plans

Sample lessons:

- Your Learner's Manual
- Make time, and take action
- Think like a beginner
- Practice a growth mindset
- Practice what you're learning

Chapter 3: What is a great coach?

Sample lessons:

- Client-centeredness & coach recovery
- Coach for deep health
- Know your scope of practice
- Case Study: Getting to know Ali

Chapter 4: Helping people change

Sample lessons:

- Change is hard, and that's OK
- In practice: Exploring resistance
- Case Study: Kickoff with Ali

Chapter 5: The "deep" approach

Sample lessons:

- A deep approach to stress
- A deep approach to recovery
- Case Study: Kickoff with Ali, continued



Curriculum Overview CONT'D

Unit 2: Deep health, stress, and recovery

Chapter 1: Introduction to Unit 2

Sample lessons:

- Stress and recovery are linked
- Heart rate variability (HRV)
- Finding the “recovery zone”

Chapter 2: Physical stress & recovery

Sample lessons:

- Stress: A full-body experience
- When stress doesn't resolve
- Common physical stressors

Chapter 3: Mental stress & recovery

Sample lessons:

- Stress & the brain
- Regulating behaviors
- Improving mental recovery

Chapter 4: Emotional stress & recovery

Sample lessons:

- Emotional stress & resilience
- Emotional competence
- Case Study: Getting to know Tamam

Chapter 5: Social stress & recovery

Sample lessons:

- Structures & systems of social stress
- Our social hormones
- Coaching to build connection

Chapter 6: Existential stress & recovery

Sample lessons:

- The coach in crisis
- Why does meaning matter?
- Building existential resilience

Chapter 7: Environmental stress & recovery

Sample lessons:

- Layers of environments
- Using environment in change coaching
- Environmental coaching

Chapter 8: Checking in: Your 3R plan

Sample lessons:

- Checking in: Your 3R plan
- Case Study: Kickoff with Tamam, continued

Curriculum Overview CONT'D

Unit 3: The science of sleep, stress management, and recovery

Chapter 1: Introduction to Unit 3

Sample lessons:

- Welcome to Unit 3
- What does it mean to you?

Chapter 2: Sleep 101

Sample lessons:

- Stages of sleep
- Why do we sleep?
- Circadian rhythms & hormones

Chapter 3: Individual differences in sleep

Sample lessons:

- Genetics & chronotypes
- Sleep duration, quality, and disorders
- Sleep in adulthood
- What does this mean for coaching?

Chapter 4: Making sleep better

Sample lessons:

- How to help your clients
- Build skills and practices of good sleep
- Case study: The athlete with a day job

Chapter 5: Nutritional stress & recovery

Sample lessons:

- Metabolic & movement needs
- Nutritional stressors
- Supplementation

Chapter 6: Movement stress & recovery

Sample lessons:

- Muscle fatigue
- Movement & circadian rhythms
- Case study: Kickoff with Kedoh

Chapter 7: Stress management & change adaptation

Sample lessons:

- Our stress mindset
- Managing stress and sleep
- What's our ultimate stress goal?

Chapter 8: Checking in: Your 3R plan

Sample lesson:

- What have you learned?
- What to do next
- Case study: Kickoff with Kedoh, continued

Curriculum Overview CONT'D

Unit 4: Coaching In Practice

Chapter 1: Introduction to Unit 4

Sample lessons:

- What is change?
- How can we change... consistently?
- Why this process?

Chapter 2: Your self-coaching practice

Sample lessons:

- Put on your coach hat
- First Five: Your coaching tools
- Start your self-coaching journey

Chapter 3: Step 1 - Assess & gather data

Sample lessons:

- Your self-coaching kickoff
- Do a data audit

Chapter 4: Step 2 - Understand and explore

Sample lessons:

- Find the why
- Who are you?
- What's behind your baseline?

Chapter 5: Step 3: - Strategize an action plan

Sample lessons:

- Start building a game plan
- Actions: Swarm of Bs
- Record the recipe

Chapter 6: Step 4 - Choose and test a next action

Sample lessons:

- Choosing a next action
- Gauge self-efficacy
- Use mental rehearsal

Chapter 7: Step 5 - Observe and monitor progress

Sample lessons:

- How long might it take?
- GSPA and time hierarchies
- Book your coaching sessions

Chapter 8: Step 6 - Analyze and evaluate results

Sample lessons:

- Analyzing & evaluating
- Compassionate examination

Chapter 9: Build your coaching practice

Sample lessons:

- Coaching with integrity
- Info > insight > action
- Case study: Prepare for action!