

Chopra Coaching Certification Program Syllabus

The Chopra Coaching Certification Program is a National Board for Health and Wellness Coaching (NBHWC) approved training program and is a blended online program that weaves together the best in health coaching science and methodologies with Deepak Chopra's life's work. It is a comprehensive, personalized, and unique training program that leverages the latest in evolutionary and positive psychology, life coaching, and the 5,000-year-old wisdom traditions of the east.

After the program, you'll walk away with a strong sense of knowledge, maturity, ethical grounding, and a full coaching toolbox to draw on in your practice, plus the notable alignment with an international brand. Upon successful completion of your requirements for certification, you will be an internationally recognized Chopra-certified Coach. You may also meet the synchronous hour requirements of the NBHWC and receive a letter of candidacy to sit for the national board exam. See requirements below.

The Coaching Certification Program includes:

- eLearning sessions with videos, exercises, and knowledge checks
- Weekly Chopra Coaching Methodology instructor-led live webinars with Chopra faculty
- Weekly Mentor Coaching group sessions with a Chopra Coach Mentor
- Facebook community group for reflection, engagement, and connection
- Coaching demos
- Multiple choice assessments
- Practice coaching sessions with practice clients
- Practical Skills Assessments with Chopra Coach Mentor feedback
- 1:1 Coaching Mentorship
- Health Competency video lectures
- Access to monthly Chopra Education group meditations

Course Overview

The Coaching Certification Program is a 21-session course. Once the program begins on the scheduled start date, its contents will be released each week, by session. The program requires an average of eight to ten hours a week commitment.

Part 1: Chopra Foundations

Week 1: Becoming a Chopra Coach

Coaching starts with establishing an intentional relationship where all expectations and needs are communicated, and agreements are made. Connect with your fellow Chopra Coaches for a mindful ice-breaker practice. You'll get a brief welcome to the program, an overview of the basics of coaching, walk through the Chopra Coaching Model, and receive instructions on getting a practice client to work with throughout Part 3 of the program.

Week 2: Meditation Foundations

Learn the basics of meditation, its scientific benefits for health and well-being, and how it can be used as a tool to harness the power of the software of the soul. Receive your personalized Primordial Sound Meditation mantra and learn how, when, and where to incorporate your meditation practice. Then, experience the 7 states of consciousness through meditation and mindful awareness.

Week 3: Health Foundations

Modern science and research is showing us over and over that the antiquated one-size-fits-all approach to health and well-being needs to start moving in a more personalized, preventative, and practical direction. The ancient wisdom of Ayurveda helps us to understand our mental, physical, and spiritual health on a more individualized level, by relating our tendencies and characteristics to the forces of nature—space, air, fire, water, and earth. These five elements combine to create the three doshas: Vata, Pitta, and Kapha. This week, you'll learn about your own individual doshic constitution, and how to bring health and well-being into your life through the five senses.

Part 2: Coaching Fundamentals

Week 4: Coaching Presence & Relationship

Coaching is a unique way of being and set of skills that encourages change and transformation. You'll observe demo coaching sessions and discuss how to integrate the role of teacher and coach. You'll get an overview of the coaching presence (including being present and having presence), walk through the change models, and learn how to integrate your teaching experience into your coaching presence.

Week 5: Listening

Practice honing your mindful listening skills with your fellow coaches and work in groups to brainstorm powerful questions to take your clients deeper into awareness, moving them forward into action. You'll learn the foundational skill of any coaching relationship: listening. This includes specific key moments to listen for in the coaching conversation, and tendencies of both the coach and the client based on dosha types.

Week 6: Questioning & Soul Reflections

Learn the art of "Coaching Reflection" as a way to let someone feel seen and heard. Put everything you've learned together and offer a coaching session to one of your certification peers. You'll learn how to introduce yourself into the coaching conversation, with thoughtful questions and reflections, then prepare for part 3.

Part 3: Coaching Cornerstones

Week 7: Purpose – Experience

During this week, you'll act as a client, experiencing being coached through this cornerstone. Discovering who we are at our core is essential to moving forward. This cornerstone helps your clients clarify their archetype and legacy—leaving them with a meaningful purpose statement to guide their choices like a north star. Purpose is the experience of fully understanding the expansive and conventional "I." Think of the first and third soul questions: "Who am I?" "What is my purpose?"

Week 8: Purpose – Structured

Learn how to guide your clients through the same coaching experience you worked through last week.

Week 9: Purpose – Improv

Take the key concepts from the structured experience, and learn how to blend them into a more nuanced and organic conversation with your client.

Week 10: Intention – Experience

During this week, you'll act as a client, experiencing being coached through this cornerstone. Integrating goals is key to enabling change and transformation. This cornerstone helps your client clarify their well-being vision—and commit to achieving it through specific, consistent actions. The knowledge of intention puts the power of the outcome in the hands of the individual. Think of the second and fourth soul questions: "What do I want?" "What am I grateful for?"

Week 11: Intention – Structured

Learn how to guide your clients through the same coaching experience you worked through last week.

Week 12: Intention – Improv

Take the key concepts from the structured experience, and learn how to blend them into a more nuanced and organic conversation with your client.

Week 13: Meaning – Experience

During this week, you'll act as a client, experiencing being coached through this cornerstone. Our perspective shapes our reality. The meaning cornerstone helps clients identify and shift their conditioned, limiting beliefs so they can view life through a more expanded and optimistic lens. Action without meaning holds no value. The meaning behind action is the driving force that sustains positive change. Think of the question: "How are my beliefs limiting my potential?"

Week 14: Meaning – Structured

Learn how to guide your clients through the same coaching experience you worked through last week.

Week 15: Meaning – Improv

Take the key concepts from the structured experience, and learn how to blend them into a more nuanced and organic conversation with your client.

Week 16: Shadow – Experience

During this week, you'll act as a client, experiencing being coached through this cornerstone. Everyone has aspects of themselves they don't like. The shadow cornerstone helps clients recognize and clear their own subconscious judgments, painful emotions, and internal blocks. Shadow work clears the emotional ama that sticks to past experiences and prevents growth. Think of the question: "How can I fully accept all aspects of myself right now?"

Week 17: Shadow – Structured

Learn how to guide your clients through the same coaching experience you worked through last week.

Week 18: Shadow - Improv

- Take the key concepts from the structured experience, and learn how to blend them into a more nuanced and organic conversation with your client. You'll also conclude the program here, with some final notes and next steps for your coaching career.

Part 4: Chopra Pillars of Health

Week 19: Identifying and Preventing Disease

Learn to apply foundational coaching skills to conversations about health and well-being. Uncover some of the biggest warning signs of poor health and disease and use the Travis Illness-Wellness Continuum to identify where your client is headed with current and future planned lifestyle decisions.

Week 20: The 6 Pillars of Chopra Health, Part 1

Through Chopra’s six pillars of health—nutrition, movement, sleep, meditation, emotions, and self-care—learn about practices that can help your clients achieve their lifestyle goals and move toward a healthier and more sustainable future. Modern science paired with ancient wisdom can help your clients get from where they are to where they want to be. In Part 1, we’ll be covering nutrition, movement, and sleep.

Week 21: The 6 Pillars of Chopra Health, Part 2

Through Chopra’s six pillars of health—nutrition, movement, sleep, meditation, emotions, and self-care—learn about practices that can help your clients achieve their lifestyle goals and move toward a healthier and more sustainable future. Modern science paired with ancient wisdom can help your clients get from where they are to where they want to be. In Part 2, we’ll be covering meditation, emotions, and self-care.

Chopra Coaching Methodology Live Webinars

Each week, participants will attend live, instructor-led webinars via video conference. These webinars are highly interactive—often including breakout rooms, group exercises, coaching demos, and group discussions. Participation is an essential part of the learning and coaching experience.

To get the most out of the program, complete each e-learning session before its corresponding webinar.

Sessions are recorded. However, live attendance is required to meet the certificate requirements. Participants must attend 18 of the 21 Chopra Coaching Methodology webinars live. Attendance will be taken and recorded. The live video conferences are hosted through Zoom.

Mentor Coaching Group Sessions

Participants will attend a weekly Mentor Coaching group session with program peers and a Chopra Coach Mentor. These sessions will reinforce what participants are learning in each eLearning session. Coach mentors will provide support to help participants coach more confidently and learn from their practice coaching sessions.

Sessions are recorded. However, live attendance is required to meet the certificate requirements. Participants must attend 19 of the 21 Mentor Coaching sessions live. Attendance will be taken and recorded. The live video conferences are hosted through Zoom.

Practical Skills Assessments

In these four live sessions, including the Final Performance Evaluation, participants will have the opportunity to both give and receive coaching with a peer under the supervision of a Chopra Coach Mentor. The Coach Mentor will offer real-time guidance and provide feedback based on established coaching competencies.

Observed Coaching Sessions

Participants will complete two (20 minute) observed coaching sessions within the 21-week program. You'll have the opportunity to both give and receive coaching with a peer under the supervision of a Coach Mentor.

Practice Coaching Sessions

Participants will enhance their coaching skills through structured sessions with practice clients, with whom they will establish a coaching relationship. Practice coaching provides a platform for participants to apply and refine new skills on a weekly basis.

1:1 Mentorship Sessions

In these three sessions, you'll meet individually with a Chopra Coach Mentor for personalized support, guidance, and feedback on your coaching skills.

Chopra Coach Certification Completion Requirements

- Complete the Chopra Coaching Program eLearning sessions.
- Attend the weekly Chopra Coaching Methodology webinars live.
- Attend the weekly Mentor Coaching Sessions live.
- Complete two Observed Coaching sessions and receive Coach Mentor feedback.
- Complete three Practical Skills Assessments and receive Coach Mentor feedback.
- Complete one Final Performance Evaluation and receive Coach Mentor feedback.
- Complete three, 1:1, 60-minute Mentorship Sessions with a Chopra Coach Mentor.
- Pass an open book, multiple choice final exam with 80% or better.
- Complete 15 practice coaching sessions (45 minutes each) with practice clients.

All requirements above must be completed and passed to achieve a Chopra Coach certificate of completion. Requirements for certification can be completed and passed by the end of the 21 weeks, however, participants have up to three months from the program conclusion date to complete and pass requirements.

Graduating from the Chopra Coaching Certification Program does not include the NBC-HWC designation, see below for NBHWC information.

National Board for Health and Wellness Coaching Application Requirements

Starting May 2023, the Chopra Coaching Certification Program is a National Board for Health and Wellness Coaching (NBHWC) approved training program. To qualify to apply and sit for the NBHWC certifying exam, you must complete the following:

- Complete the Chopra Coaching Certification Program completion requirements listed above.
- View all Health Competency Lecture content videos.
- Attend all Health Competency Live Q&A webinars live or review the recordings.
- Complete 50 health & wellness coaching sessions.
- Have an associate degree or higher, or 4,000 hours of work experience.
- Apply for the National Board Certification Exam.

The National Board for Health and Wellness Coaching requires students who would like to apply and sit for the board's certifying exam to meet synchronous hour requirements, set by NBHWC. Students must attend and participate in the program's weekly live webinars and mentor coaching sessions. Live attendance is required and up to five sessions in total may be missed (webinar recordings must be viewed for webinars missed). More than a total of five webinar sessions missed (combination of Chopra Coaching Methodology webinars and Mentor Group sessions) does not qualify to apply and sit for the board's certifying exam. Visit the NBHWC website for more information.

Health Competency Lectures

The content presented in the Health Competency Lecture video section is information participants need to know to sit for the National Board for Health and Wellness Coaching (NBHWC) exam. If you do not plan to sit for the NBHWC exam, you are not required to view this content, however the information is valuable to any coach, so we encourage you to view the videos to learn more.

Health Competency Live Q&A Webinars

The Health Competency Live Q&A webinars are an opportunity to ask questions about the content covered in the Health Competency Lecture videos. The Q&A webinars are led by a Chopra Coach Mentor.

The Q&A webinars take place once a month during the scheduled program dates. Questions about the Health Competency Lecture content may be emailed prior to the scheduled webinars or questions may be asked live during the webinar.

Participants planning to apply to sit for the NBHWC certification exam must attend each Q&A webinar live OR view the full recording; live attendance or completion of viewing the recordings is necessary to fulfill exam eligibility requirements.

Facebook Community Group

Many students report that the sense of like-minded community among participants is one of their most treasured features of their Chopra educational experience. The Facebook community group is the place where participants can start and respond to threads to connect with program peers.

Group Meditation Sessions

The online group meditation sessions are an opportunity for program training participants and the global community of certified teachers to connect in the stillness and silence of meditation. A schedule will be provided at the start of the program. The video conference sessions are hosted through Zoom.

Recommended Reading

There is no additional reading or books required to complete the certification program. We recommend the following books to complement the program experience. *Spontaneous Fulfilment of Desire, Perfect Health, and Way of the Wizard* by Deepak Chopra. *The Mindful Coach* by Doug Silsbee. *Becoming a Professional Life Coach* by Patrick Williams and Diane Menendez. *Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski. *Coaching Psychology Manual* by Margaret Moore. *Changing to Thrive* by Janice & James Prochaska. *Motivational Interviewing* by Miller & Rollnick. *Coaching Skills: The definitive guide to being a coach* by Jenny Rogers.

Basic Technical Requirements

The basic equipment needed for the online course is an updated device, strong internet access, microphone, speakers, and web camera. All devices will need the most current and up to date versions per device manufacturer. Students will have the best course experience with a desktop or laptop using an updated Chrome browser.

The program video conferences and webinars with Chopra faculty are hosted through Zoom meetings, the application will need to be downloaded to a device to use and to access the program video conferences through the Chopra eLearning platform.

Information is subject to change.