

Stress and Resilience Coaching





Overview

A 6-module, self-paced course that trains coaches and individuals to understand how stress shows up in the body, behavior, and nervous system, while building practical, scope-aligned skills to support regulation and resilience in real-world settings.

Why Choose This Course

Flexible, Self-Paced Learning

Complete the course on your own schedule through structured, instructor-led modules designed to support steady progress and real-world application.

Real-World Stress Coaching Skills

Build practical, coaching-safe skills grounded in nervous system literacy, somatics, breathwork, and Motivational Interviewing that translate directly into coaching conversations.

Expert-Designed, Scope-Aligned Curriculum

Learn from industry experts through a curriculum intentionally designed to make stress, regulation, and resilience ethical, applicable, and usable across 1:1 and group settings.

Engaging, Multi-Format Content

Learn through short videos, instructor demos, guided practices, scenarios, worksheets, and knowledge checks that support integration.

Applied Assessments

Practice applying each module through scenario-based analyses and tools that test practical judgment and application while reinforcing clean session flow and scope clarity.



What You'll Learn

By the end of this course, you'll be able to:

- ✦ Describe how stress shapes behavior and regulation through the nervous system, and why stress responses are adaptive.
- ✦ Support stress regulation in the moment using presence, pacing, and choice within coaching scope and professional boundaries.
- ✦ Integrate stress and resilience concepts into clear, confident 1:1 and group coaching conversations.
- ✦ Recognize stress patterns as they emerge through somatic, behavioral, and language cues in coaching conversations.
- ✦ Orient clients toward values, meaning, and intentional action when stress narrows perspective or increases reactivity.

Modules

Module 1

The Stress Landscape

Module 3

Breathwork for Regulation and Recovery

Module 5

Visualization, Imagery, and Cognitive Stress Shifts

Module 2

Foundations of Self-Regulation

Module 4

Somatic Practices and Embodied Resilience

Module 6

Applied Stress Coaching and Integration

Who This Program Is For

This program is designed for individuals who want to understand stress through a nervous-system-informed lens and apply practical resilience skills across personal, professional, and coaching settings.

Ideal for

- ✦ **Practicing Coaches** who want to expand their confidence and skill in working with stress and resilience.
- ✦ **Aspiring Coaches and Helpers** who want a strong foundation in stress literacy and ethical client support skills.
- ✦ **Purpose-Driven Self-Learners** who want an evidence-informed understanding of stress and tools they can apply responsibly.
- ✦ **Health and Wellness Professionals** who want grounded, practical ways to support clients navigating stress and overwhelm.
- ✦ **Professional Leaders and Managers** who want to build steadiness, clarity, and resilience under sustained pressure.





Group Stress Coaching Blueprint

Included with your course enrollment, this bonus gives you a complete, done-for-you framework for confidently delivering group stress coaching, from structure to facilitation to client materials.

You'll get

- ✦ A fully scripted 4–6 week group stress coaching program ready to deliver.
- ✦ Facilitator guidance, group agreements, and client-facing materials.
- ✦ Decision frameworks that support ethical, client-centered group facilitation.
- ✦ An adaptable format for workplace, community, or private group settings.
- ✦ A polished, client-ready offering you can implement immediately.