HES ◆ Human Experience Specialist

Course Overview

Human Experience Specialist

A new professional certification created by Dr Eric Maisel

Delivered in partnership with Noble Manhattan Coaching
Accredited by IAPC&M · Since 1993 · 31 countries

180 lessons	*Self-paced*	*6 live masterclasses*	*IAPC&M accredited*
8 modules	Up to 18 months	With Dr Eric Maisel	Fee included (optional)

WHAT IS A HUMAN EXPERIENCE SPECIALIST?

> *There is a vast territory of human experience that does not fit neatly into coaching or therapy. The questions people carry - about meaning, identity, relationships, creativity and purpose - rarely have a clean solution. Until now, there has been no profession specifically trained to accompany people through that territory.*

The Human Experience Specialist (HES) is a new professional designation for coaches, therapists, counsellors, educators and helping professionals who want a wider framework for the work they do. It was created by Dr Eric Maisel - author of more than 60 books, pioneer in creativity coaching and Accredited Fellow Coach of the IAPC&M.

An HES does not diagnose. An HES does not set goals on your client's behalf. An HES accompanies - staying present with the full complexity of a person's life, asking the right questions, and helping people think more clearly about what is actually happening for them.

WHO IS THIS COURSE FOR?

Already working in the helping professions?	*Not a coach or therapist yet?*
Coaches, therapists, counsellors and educators who want a framework that goes beyond goals and diagnosis.	People with the life experience, maturity and genuine interest in human beings that this kind of work asks for. No prior qualification required.

CURRICULUM ◆ 8 MODULES, 180 LESSONS

Module 1 *Introducing the Human Experience Specialist*

Holding her breath	A studio for experience
What is a human experience	Entangled original and formed personalities
The human experience specialist	On formulation
Wisdom and the HES	The tyranny of goals and plans
A history of the concept of wisdom	Defining the HES scope of practice
Applied human nature	50 HES specialties
Working in the special darkness of personality	Humans 2.0
Understanding another person	A picture of possible outcomes
Recognising without diagnosing	On boundaries
Where does an HES focus	Differences between the HES and the EWC
What do HESs actually do	Would society welcome the HES
Leslie and John (case study)	Crafting a clear identity
The six skills of the HES	Twelve shifts for professionals
Accompaniment	Advanced training for the HES
Disciplined practice of empathy	What referring out really means
Using guided meditations and visualisations	HES pop quiz
Listening for incidents	Crystal ball speculations
Using Socratic questioning	Critiquing the model
Quality questioning	Concluding module 1
The logic of life experiments	

(40 lessons total)

Module 2 *Accompanying Personality*

Meeting the personality	Identifying the costs and benefits of personality patterns
Honoring personality as an adaptation	Noticing what personality protects
Distinguishing personality from identity	Helping clients develop flexibility
Learning the person's characteristic responses to difficulty	Respecting the limits of personality change
Working with personality rather than against it	Accompanying the person not the personality

(10 lessons total)

Module 3 *Conducting Life Experiments*

The alternative life experiment	The ask experiment
The daily meaning experiment	The forgotten interest experiment
The reach-out experiment	The new identity experiment
The small risk experiment	The character strength experiment
The difficult conversation experiment	The vulnerability experiment

(10 lessons total)

Module 4 *Asking Quality Questions*

Life is overwhelming	Dreams and difficulties
The unwritten novel	Inevitable decline
The cancer diagnosis	Estrangement
The downward spiral	Many diagnoses
The affair	Rabbit holes

(10 lessons total)

Module 5 *The Self-Coached Life*

The dilemma of identity	Working with anger
The dilemma of self-doubt	Working with shame
The dilemma of responsibility	Working with loneliness
The dilemma of action	Working with job dissatisfaction
The dilemma of relationship	Increasing emotional resilience
The dilemma of suffering	Bridging the gap between knowing and doing
The dilemma of mortality	Setting goals that actually matter
Understanding your emotional landscape	Managing short and long-term goals
Creating meaning opportunities	Overcoming procrastination
Identifying your life purposes	Creating supportive habits
Aligning daily life with your life purposes	Staying committed when motivation fades
Designing a life that feels worth living	Understanding your relationship patterns
Recognising unhelpful thinking patterns	Improving communication
Questioning your assumptions	Setting healthy boundaries
Moving beyond self-criticism	Building a supportive social world
Reframing problems as challenges	Balancing independence and connection
Cultivating realistic optimism	Reclaiming your creative identity
Working with sadness	Learning through experimentation
Working with anxiety	Self-coaching through major life transitions
Working with addiction	Living as your own coach

(50 lessons total)

Module 6 *Practice Building*

First thoughts about working with clients	Your first outreach week
The psychological threshold	The 30-day client recruitment plan
The identity problem	Conducting ethical outreach
Claiming the role	Offering free sessions
Your personal philosophy of helping	Transitioning to paid work
Your position in the helping ecosystem	Structuring a first session
Crafting your core description	Listening as your primary skill
Identifying your ideal clients	Asking quality questions
Recognising real needs	Managing expectations
Creating messaging that resonates	Setting boundaries
Creating your talking points	Tracking your work
Creating your first social media post	Reflecting after sessions
Overcoming resistance to visibility	Developing your style
Mastering email outreach basics	Building referrals
Creating your email template	Creating a referral ecosystem
Creating your email template for organisations	Managing multiple clients

Content strategy basics	Avoiding burnout
Blog writing	Ongoing learning
Newsletter creation	Expanding your offerings
Embracing thought leadership	Becoming established

(40 lessons total)

Module 7 *Case Vignettes*

The retired surgeon	The traditional son
The startup founder	The grieving musician
The widow in Mumbai	The empty nest mother
The burned-out teacher	The tech worker and AI
The aspiring novelist at midlife	The life she didn't choose
The divorced minister	Nobody really gets me
The young climate activist	One day at a time
The adult child caregiver	

(15 vignettes total)

Module 8 *Wisdom Scenarios*

Wisdom scenarios 1-15	Wisdom scenarios 46-60
Wisdom scenarios 16-30	Wisdom scenarios 61-75
Wisdom scenarios 31-45	75 scenarios - each a practical application of HES thinking

(75 scenarios total)

LIVE MASTERCLASSES WITH DR ERIC MAISEL

Six live sessions with Dr Eric Maisel, every two weeks from October through December 2026. Wednesdays at 6:00 pm London / 1:00 pm ET / 10:00 am PT, live on Zoom.

HES students attend all six at no additional cost - included in your course fee. Sessions are recorded for registered participants.

Date	Session title	Curriculum link
Session 1 - 14 Oct	*How a Human Experience Specialist Thinks*	Module 1
Session 2 - 28 Oct	*Embracing Human Nature*	Module 2
Session 3 - 11 Nov	*Dream Upholding While Reality Testing*	Modules 3 & 4
Session 4 - 25 Nov	*Accompanying Complexity*	Module 7
Session 5 - 9 Dec	*Helping in These Times of Ours*	Module 5
Session 6 - 23 Dec	*The Art of Wise Helping*	Module 8

WHAT IS INCLUDED

180 lessons	Self-paced across 8 modules, lifetime access
6 live masterclasses	With Dr Eric Maisel - Oct to Dec 2026, Wednesdays 6pm London
Quarterly Founder's Forum	Live community sessions with Eric and fellow students
Study buddy groups	Matched with students from around the world
Written reflections	Submitted progressively through each module
2 case studies	Based on your own client work during the programme
Noble Manhattan certificate	On successful completion - internationally recognised
IAPC&M accreditation	Fee included. Optional application - NMC connects you with IAPC&M directly

IAPC&M INDIVIDUAL ACCREDITATION

> *On successful completion of the course, you will be eligible to apply for individual accreditation from the IAPC&M - the International Authority for Professional Coaching and Mentoring. This is entirely your choice. If you decide to pursue it, the accreditation fee is already included in your course fee. Noble Manhattan Coaching will connect you with the IAPC&M, who will guide you through the application process directly.*

HOW TO ENROL

Enrolment is open now. The introductory price is £1,950. Instalment payment options are available.

Course page: https://humanexperiencespecialist.com/
Questions: info@noble-manhattan.com