**Module 1: Introduction to Databases**

1. **What is a database?**: Explain the basic concept of a database, its purpose, and benefits.
2. **Types of databases**: Briefly introduce relational databases (RDBMS) and NoSQL databases. Since you're focusing on SQL, you can gloss over NoSQL.
3. **Overview of popular databases**: Mention MySQL, PostgreSQL, Microsoft SQL Server, and Oracle. You can also include a brief comparison of these databases.

**Module 2: Database Fundamentals**

1. **Database design**: Introduce the concept of database design, including Entity-Relationship Diagrams (ERDs).
2. **Database schema**: Explain the concept of a database schema, including tables, columns, data types, and relationships.
3. **SQL basics**: Cover basic SQL concepts, such as:
   * SELECT statements
   * FROM and WHERE clauses
   * Data types (e.g., INT, VARCHAR, DATE)

**Module 3: MySQL and Workbench**

1. **Introduction to MySQL**: Provide an overview of MySQL, its features, and benefits.
2. **Workbench tutorial**: Guide your boss through the process of:
   * Installing and setting up Workbench
   * Creating a new database and schema
   * Designing an ERD using Workbench
   * Forward engineering the ERD to create the database schema

**Module 4: SQL Syntax and Queries**

1. **SQL syntax**: Cover more advanced SQL topics, such as:
   * JOINs (INNER, LEFT, RIGHT, FULL OUTER)
   * SUBQUERIES
   * GROUP BY and HAVING clauses
   * Aggregate functions (e.g., SUM, AVG, COUNT)
2. **Query optimization**: Discuss best practices for optimizing SQL queries, including indexing and query planning.

**Module 5: Connecting to the Database and Application Integration**

1. **Connecting to the database**: Explain how to connect to a MySQL database using various programming languages, including JavaScript (Node.js).
2. **Node.js and MySQL**: Provide a brief introduction to using Node.js with MySQL, including:
   * Installing the required packages (e.g., mysql2)
   * Creating a connection to the database
   * Executing SQL queries using Node.js

**Additional Tips**

* Use visual aids, such as diagrams and screenshots, to help illustrate complex concepts.
* Provide hands-on exercises or examples to reinforce learning.
* Encourage your boss to ask questions and explore topics in more depth.
* Consider creating a cheat sheet or reference guide for SQL syntax and MySQL-specific features.