



Advanced NeuroLanguage Coaching®

April-June 2024

Session	Topics
Session 1 25th April 19.00-22.00 CET/Spain time	<p>Updates of the brain</p> <ul style="list-style-type: none"> • The learning brain • More about the limbic system • Childhood trauma and learning trauma/negative beliefs • Brain chemistry • Revisiting Motivation <p>Practise coaching the coachee around learning scenarios:</p> <ul style="list-style-type: none"> • Negative mindset regarding learning • Fear to speak language • Bad memories from school • Unmotivated learner • Age is a problem for learning!
Session 2 2nd May 19.00-22.00 CET/Spain time	<p>Coaching agreement and contract in depth</p> <ul style="list-style-type: none"> • Setting out a coaching agreement • Presenting the agreement to the coachee • ICF Ethics and competences - explaining these to the coachee <p>Advanced Fundamentals of coaching</p> <ul style="list-style-type: none"> • Deepening Active Listening The seven levels of listening Coaching practice for deeper listening • Non verbal communication Reading body language and gesture as a coach • Powerful questions – going deeper Coaching practise for more powerful questions
Session 3 9th May 19.00-22.00 CET/Spain time	<p>Advanced Fundamentals of coaching</p> <ul style="list-style-type: none"> • Enhancing empathy- the empathetic coach • Practising for empathy • Effective acknowledgement and feedback • Practising for effective feedback <p>Introducing Neurolanguage Coaching toolkit and coaching learning techniques</p> <ul style="list-style-type: none"> • Strengthening coaching techniques • Building confidence and coaching to tap into confidence • Introducing useful Tools/models from coaching <ul style="list-style-type: none"> ○ Johari Window <ul style="list-style-type: none"> ○ Coaching practise with the Johari window

Session	Topics
	<ul style="list-style-type: none"> ○ Swot analysis ○ Finest moment <ul style="list-style-type: none"> ○ Coaching practise with Finest moment ○ What if? <ul style="list-style-type: none"> ○ Coaching practise with what if? ○ Fork in the road <ul style="list-style-type: none"> ○ Coaching practise with Fork in the road ○ Coaching models GROW, PRACTICE, CREATE and FEELING <ul style="list-style-type: none"> ○ Coaching practice with the models ○ Introducing SMART goals <ul style="list-style-type: none"> ○ Coaching practice around SMART ○ Boyatzis Model of Intentional Change ○ ICEBERG model to assess hidden emotions ○ Gagne's Nine Levels of Learning ○ Neurolanguage coaching models <ul style="list-style-type: none"> ▪ the 3Ms (Motivation, Mechanical, Mastery) ▪ the 5cs (Concrete requirements, Clear Goals, Coaching conversation, Connecting the brain, Completion) ▪ PACT PQC
<p>Session 4</p> <p>16th May 19.00-22.00 CET/Spain time</p>	<ul style="list-style-type: none"> • Action priority matrix – coaching to find the coachee's priority actions <p>Assessing the learning impact through coaching conversations and measuring the learning subjectively</p> <ul style="list-style-type: none"> ○ Assess Learning Impact – coaching to discover the learning about the material and about oneself and the impact this has on the process, potential changes this could imply/highlight ○ Using the FEELING model to assess and review ○ Using a Goal review conversation and measuring the learning/progress <ul style="list-style-type: none"> • Create your own CEF <ul style="list-style-type: none"> ○ What is the Central European Framework for languages? ○ Coaching Conversations to find the language level ○ Coaching conversation for the coachee to assess own language level • Pulse Check <ul style="list-style-type: none"> ○ Powerful questions to assess status quo ○ Powerful questions to assess emotions of coachee ○ Powerful questions to assess motivation

Session

Topics

Session 5

23rd May
19.00-22.00
CET/Spain time

Practise Pulse check coaching
Case Study Judy - live coaching – building up the process step by step

- Suggested plan
- Breakdown of topics
- Delivering Ongoing NLC sessions
- Initial session
- Goal setting framework
- Breaking down goals
- Effective actions
- Problem resolution
- Discovering learning styles and limbic blocks
- Establishing realistic time and commitment
- Managing progress and accountability

Case Study Judy – ongoing sessions

- Delivering grammar through coaching conversations PACT PQC
- Delivering mastery goals
- Coaching in a Review session and setting next goals
- Measuring success through coaching conversations

Session 6

30th May
19.00-22.00
CET/Spain time

Team Coaching
Team coaching in general - What is team coaching
Role of the coach when coaching teams
How to develop social empathy/trust within the team
Coaching to discover roles in a team
Team goal setting
Team action setting
Coaching around team rules
Managing progress and accountability of a team
Group Neurolanguage Coaching – what can we transport from Team coaching into Language Coaching

- How to coach language learning groups?
- SCARF issues and coaching around these in groups
- Group language goal setting
- Group language action setting
- Individual goal setting in a group
- Managing progress and accountability

Session 7

6th June
19.00-22.00
CET/Spain time

Group Language Coaching - Case Study Group X
Live coaching Practise – complete session

- Conducting initial coaching session with the group
- Coaching around togetherness
- Coaching around establishing group rules
- Mechanical goal setting
- Mastery goal setting
- Setting group actions
- Planning, structure and delivery
- Managing accountability and progress
- Review session for group



Session	Topics
	<p>Troubleshooting in Coaching</p> <ul style="list-style-type: none">• Difficult and focused topics (eg aviation)• Specialised issues (ie pronunciation)• What to do with advanced learners?• Language Coaching for beginners• Language coaching for children• Executive Language Coaching
<p>Session 8</p> <p>13th June</p> <p>19.00-22.00</p> <p>CET/Spain time</p>	<p>Learning Tips</p> <ul style="list-style-type: none">• Advising coachees how to learn• Learning styles revisited• Effective brain exercises• Systematic/progressive• Mindmapping• Learning strategie• Technology in the learning process