



## Advanced NeuroLanguage Coaching®

February-April 2021

Session	Topics
<p><b>Session 1</b></p> <p><b>11th February</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>Updates of the brain</p> <ul style="list-style-type: none"> <li>• The learning brain</li> <li>• More about the limbic system</li> <li>• Childhood trauma and learning trauma/negative beliefs</li> <li>• Brain chemistry</li> <li>• Revisiting Motivation</li> </ul> <p>Practise coaching the coachee around learning scenarios:</p> <ul style="list-style-type: none"> <li>• Negative mindset regarding learning</li> <li>• Fear to speak language</li> <li>• Bad memories from school</li> <li>• Unmotivated learner</li> <li>• Age is a problem for learning!</li> </ul>
<p><b>Session 2</b></p> <p><b>18th February</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>Coaching agreement and contract in depth</p> <ul style="list-style-type: none"> <li>• Setting out a coaching agreement</li> <li>• Presenting the agreement to the coachee</li> <li>• ICF Ethics and competences - explaining these to the coachee</li> </ul> <p>Advanced Fundamentals of coaching</p> <ul style="list-style-type: none"> <li>• Deepening Active Listening The seven levels of listening Coaching practice for deeper listening</li> <li>• Non verbal communication Reading body language and gesture as a coach</li> <li>• Powerful questions – going deeper Coaching practise for more powerful questions</li> </ul>
<p><b>Session 3</b></p> <p><b>25th February</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>Advanced Fundamentals of coaching</p> <ul style="list-style-type: none"> <li>• Enhancing empathy- the empathetic coach</li> <li>• Practising for empathy</li> <li>• Effective acknowledgement and feedback</li> <li>• Practising for effective feedback</li> </ul> <p>Introducing Neurolanguage Coaching toolkit and coaching learning techniques</p> <ul style="list-style-type: none"> <li>• Strengthening coaching techniques</li> <li>• Building confidence and coaching to tap into confidence</li> <li>• Introducing useful Tools/models from coaching             <ul style="list-style-type: none"> <li>○ Johari Window                 <ul style="list-style-type: none"> <li>○ Coaching practise with the Johari window</li> </ul> </li> </ul> </li> </ul>

Session	Topics
	<ul style="list-style-type: none"> <li>● Introducing useful Tools/models from coaching               <ul style="list-style-type: none"> <li>○ Swot analysis</li> <li>○ Finest moment                   <ul style="list-style-type: none"> <li>○ Coaching practise with Finest moment</li> </ul> </li> <li>○ What if?                   <ul style="list-style-type: none"> <li>○ Coaching practise with what if?</li> </ul> </li> <li>○ Fork in the road                   <ul style="list-style-type: none"> <li>○ Coaching practise with Fork in the road</li> </ul> </li> <li>○ Coaching models GROW, PRACTICE, CREATE and FEELING                   <ul style="list-style-type: none"> <li>○ Coaching practice with the models</li> </ul> </li> <li>○ Introducing SMART goals                   <ul style="list-style-type: none"> <li>○ Coaching practice around SMART</li> </ul> </li> <li>○ Boyatzis Model of Intentional Change</li> <li>○ ICEBERG model to assess hidden emotions</li> <li>○ Gagne’s Nine Levels of Learning</li> <li>○ Neurolanguage coaching models                   <ul style="list-style-type: none"> <li>▪ the 3Ms (Motivation, Mechanical, Mastery)</li> <li>▪ the 5cs (Concrete requirements, Clear Goals, Coaching conversation, Connecting the brain, Completion)</li> <li>▪ PACT PQC</li> </ul> </li> </ul> </li> </ul>
<p><b>Session 4</b></p> <p><b>4th March</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<ul style="list-style-type: none"> <li>● Action priority matrix – coaching to find the coachee’s priority actions</li> </ul> <p>Assessing the learning impact through coaching conversations and measuring the learning subjectively</p> <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Using the FEELING model to assess and review</li> <li>○ Using a Goal review conversation and measuring the learning/progress</li> </ul> <ul style="list-style-type: none"> <li>● Create your own CEF               <ul style="list-style-type: none"> <li>○ What is the Central European Framework for languages?</li> <li>○ Coaching Conversations to find the language level</li> <li>○ Coaching conversation for the coachee to assess own language level</li> </ul> </li> <li>● Pulse Check               <ul style="list-style-type: none"> <li>○ Powerful questions to assess status quo</li> <li>○ Powerful questions to assess emotions of coachee</li> <li>○ Powerful questions to assess motivation</li> </ul> </li> </ul>

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<p><b>Session 5</b></p> <p><b>11th March</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>Practise Pulse check coaching Case Study Judy - live coaching – building up the process step by step</p> <ul style="list-style-type: none"> <li>• Suggested plan</li> <li>• Breakdown of topics</li> <li>• Delivering Ongoing NLC sessions</li> <li>• Initial session</li> <li>• Goal setting framework</li> <li>• Breaking down goals</li> <li>• Effective actions</li> <li>• Problem resolution</li> <li>• Discovering learning styles and limbic blocks</li> <li>• Establishing realistic time and commitment</li> <li>• Managing progress and accountability</li> </ul> <p>Case Study Judy – ongoing sessions</p> <ul style="list-style-type: none"> <li>• Delivering grammar through coaching conversations PACT PQC</li> <li>• Delivering mastery goals</li> <li>• Coaching in a Review session and setting next goals</li> <li>• Measuring success through coaching conversations</li> </ul>
<p><b>Session 6</b></p> <p><b>18th March</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>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</p> <ul style="list-style-type: none"> <li>• How to coach language learning groups?</li> <li>• SCARF issues and coaching around these in groups</li> <li>• Group language goal setting</li> <li>• Group language action setting</li> <li>• Individual goal setting in a group</li> <li>• Managing progress and accountability</li> </ul>
<p><b>Session 7</b></p> <p><b>25th March</b> <b>18.00-21.00</b> <b>CET/Spain time</b></p>	<p>Group Language Coaching - Case Study Group X Live coaching Practise – complete session</p> <ul style="list-style-type: none"> <li>• Conducting initial coaching session with the group</li> <li>• Coaching around togetherness</li> <li>• Coaching around establishing group rules</li> <li>• Mechanical goal setting</li> <li>• Mastery goal setting</li> <li>• Setting group actions</li> <li>• Planning, structure and delivery</li> <li>• Managing accountability and progress</li> <li>• Review session for group</li> </ul>



Session	Topics
	<p>Troubleshooting in Coaching</p> <ul style="list-style-type: none"><li>• Difficult and focused topics (eg aviation)</li><li>• Specialised issues (ie pronunciation)</li><li>• What to do with advanced learners?</li><li>• Language Coaching for beginners</li><li>• Language coaching for children</li><li>• Executive Language Coaching</li></ul>
<p><b>Session 8</b></p> <p><b>1st April</b></p> <p><b>18.00-21.00</b></p> <p><b>CET/Spain time</b></p>	<p>Learning Tips</p> <ul style="list-style-type: none"><li>• Advising coachees how to learn</li><li>• Learning styles revisited</li><li>• Effective brain exercises</li><li>• Systematic/progressive</li><li>• Mindmapping</li><li>• Learning strategie</li><li>• Technology in the learning process</li></ul>