



Advanced NeuroLanguage Coaching®

January-March 2022

Session	Topics
<p>Session 1</p> <p>19th January 09.00-12.00 CET/Spain time</p>	<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!
<p>Session 2</p> <p>26th January 09.00-12.00 CET/Spain time</p>	<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
<p>Session 3</p> <p>2nd February 09.00-12.00 CET/Spain time</p>	<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>9th February 09.00-12.00 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
<p>Session 5</p> <p>16th February 09.00-12.00 CET/Spain time</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"> • 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 <p>Case Study Judy – ongoing sessions</p> <ul style="list-style-type: none"> • Delivering grammar through coaching conversations PACT PQC • Delivering mastery goals • Coaching in a Review session and setting next goals • Measuring success through coaching conversations
<p>Session 6</p> <p>23rd February 09.00-12.00 CET/Spain time</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"> • 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
<p>Session 7</p> <p>2nd March 09.00-12.00 CET/Spain time</p>	<p>Group Language Coaching - Case Study Group X Live coaching Practise – complete session</p> <ul style="list-style-type: none"> • 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>9th March</p> <p>09.00-12.00</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