



## Advanced NeuroLanguage Coaching®

May-July 2022

Session	Topics
<p><b>Session 1</b></p> <p><b>25th May</b> <b>19.30-22.30</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>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><b>Session 2</b></p> <p><b>1st June</b> <b>19.30-22.30</b> <b>CET/Spain time</b></p>	<p>Advanced Fundamentals of coaching</p> <ul style="list-style-type: none"> <li>• Deepening Active Listening             <ul style="list-style-type: none"> <li>The seven levels of listening</li> <li>Coaching practice for deeper listening</li> </ul> </li> <li>• Non verbal communication             <ul style="list-style-type: none"> <li>Reading body language and gesture as a coach</li> </ul> </li> <li>• Powerful questions – going deeper             <ul style="list-style-type: none"> <li>Coaching practise for more powerful questions</li> </ul> </li> </ul> <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

### Session 3

8th June

19.30-22.30

CET/Spain time

- Introducing useful Tools/models from coaching
  - Swot analysis
  - Finest moment
    - Coaching practise with Finest moment
  - What if?
    - Coaching practise with what if?
  - Fork in the road
    - Coaching practise with Fork in the road
  - Coaching models GROW, PRACTICE, CREATE and FEELING
    - Coaching practice with the models
  - Introducing SMART goals
    - Coaching practice around SMART
  - Boyatzis Model of Intentional Change
  - ICEBERG model to assess hidden emotions
  - Gagne's Nine Levels of Learning
  - Neurolanguage coaching models
    - the 3Ms (Motivation, Mechanical, Mastery)
    - the 5cs (Concrete requirements, Clear Goals, Coaching conversation, Connecting the brain, Completion)
    - PACT PQC

### Session 4

15th June

20.30-22.30

CET/Spain time

- Action priority matrix – coaching to find the coachee's priority actions
- Assessing the learning impact through coaching conversations and measuring the learning subjectively
  - 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
- Create your own CEF
  - 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
  - Powerful questions to assess status quo
  - Powerful questions to assess emotions of coachee
  - Powerful questions to assess motivation Practise Pulse check coaching



Session	Topics
<p><b>Session 5</b></p> <p><b>22nd June</b> <b>20.30-22.30</b> <b>CET/Spain time</b></p>	<p>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><b>Session 6</b></p> <p><b>29th June</b> <b>20.30-22.30</b> <b>CET/Spain time</b></p>	<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>Team Coaching</p> <p>Team coaching in general - What is team coaching</p> <p>Role of the coach when coaching teams</p> <p>How to develop social empathy/trust within the team</p> <p>Coaching to discover roles in a team</p> <p>Team goal setting</p> <p>Team action setting</p> <p>Coaching around team rules</p> <p>Managing progress and accountability of a team</p> <p>Group Neurolanguage Coaching – what can we transport from Team coaching into</p>
<p><b>Session 7</b></p> <p><b>6th July</b> <b>19.30-22.30</b> <b>CET/Spain time</b></p>	<p>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>Group Language Coaching - Case Study Group X</p>
<p><b>Session 8</b></p> <p><b>13th July</b> <b>19.30-22.30</b> <b>CET/Spain time</b></p>	<p>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
<b>Session 9</b>  <b>20th July</b> <b>20.30-22.30</b> <b>CET/Spain time</b>	<b>Troubleshooting in Coaching</b> <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>
<b>Session 10</b>  <b>28th July</b> <b>19.30-22.30</b> <b>CET/Spain time</b>	<b>Learning Tips</b> <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>