

# A transition to Language Coach

Interview with Aline Treff Meneses, English Teacher, Brazil



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## **Can you describe your professional career before taking the language coaching certification (LCC)?**

*I have been teaching English as a second language for over 15 years. I've worked in many famous English schools and currently I own a small English school. I've decided to have my own business because I thought schools were too worried about methodology but they forgot about people and that they are individuals. Before taking the LCC course I thought about doing a master and try to use some of the strategies from Cognitive behavioral therapy into classroom because I knew a great number of students have a kind of block that makes them think they are not able to learn English.*

## **How did you find the course?**

*The course at the beginning was a big challenge for me because I had to deal with some personal issues, but I really loved it. Rachel is really amazing, she took us step by step into neurolanguage coach, she was very willing to hear our opinions and questions and she also was very supportive.*

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## **Which highlights or insights did you gain from the LCC?**

*The course was beyond my expectations for many reasons. First of all, the coaching part showed me how powerful questions can be and also that we can make students reflect on their learning process without imposing things we believe is good for them. Secondly the session itself, I found it really interesting to work with goals and time, separate mechanic from mastery. Another fantastic thing I learned was how to work with motivation, which I believed it was something beyond my scope. And finally the grammar part which showed me a different and fun way to work with it and make students learn more effectively.*

## **What was the immediate impact on your way of teaching after taking the course?**

*Since the first day I started reflecting the way I was delivering my lessons. The most challenging and amazing change was to let students taking control of their learning. Listen to their opinion and share with them the responsibility for their lessons plan definitely made all the difference.*

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### **Were there any impacts on your personal life during or after the course?**

*The course helped me personally too because now I’m definitely a better listener and instead of just giving my opinion when people talk to me about a problem I try to help them reflect and come up with their own answers, because I learned that I can’t decide what’s best for other people.*

### **How would you describe your professional development after the course?**

*After the course I felt more motivated to improve my teaching skills, to become a better teacher, to try things I’ve learned at the course. I’m preparing myself to do all the other neurolanguage coaching course because I know this one was just the beginning and I’m really interested in learning as much as I can.*

### **How has the course changed the way you deliver a language course?**

*Nowadays I’m in between coaching and teaching. But I believe that once a coach always a coach. So for the groups I had before the course I started testing some coaching techniques for example before starting a new unit from a book, instead of giving students the lesson I prepared I show them the topics they are going to learn and I ask them how they want to learn it and in what order they want to do it, with this I give students some autonomy and also take their ideas into consideration to present the lessons.*

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*“I’d like to thank you Rachel for this amazing, life changing course.”*

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### **Were there any impacts on your learners?**

*I’ve received many fantastic feedbacks from students telling me they were really excited that their opinion was being taken in consideration during the learning process, some of them told me they are much more confident about speaking, many students started bringing me more students because they were really pleased with some of the changes I’ve made. So, in general I can say even if I haven’t done the whole coaching session with them the changes I’ve made had a big, positive effect on them.*

### **Is there any additional information that you would like to add?**

*I’d like to thank you Rachel for this amazing, life changing course. I really appreciate it and now I’ll do my best to follow your advices and expertise so that I can help more and more students. Thank you!!*

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