

A transition to Language Coach

Interview with Ana Sanchez, English teacher, Spain

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

I was happily forced to become a mumpreneur so that I could enjoy raising my little boy at home. Last year I created AnasanZ.net to help entrepreneurs and executives feel more confident when speaking English. I was quite successful at delivering Business English lessons and I sometimes worked as a freelance translator, as well. My entrepreneurial spirit led me to realize that I had something innovative and consistent to offer.

“It was definitely an eye-opening experience which grounded my professional practice”

How did you find the course?

It was definitely an eye-opening experience which grounded my professional practice. The plan and design of the LCC were very well thought in order to help us assimilate progressively all the valuable information in it. Furthermore, the coaching practices that we had to perform during the sessions were appropriately guided by Rachel.



“It allowed me to know exactly what I am doing to help my coachees achieve their personal language goals”

Which highlights or insights did you gain from the LCC?

Personally, my family and I benefited from the coaching practices as I had some ‘aha’ moments that positively affected our daily lives. Having coaching principles and the latest findings in neuroscience supporting my practice allow me to know exactly what I am doing to help my coachees achieve their personal language goals.

“Becoming an active listener was a turning point in my teaching practice”

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

Although I had always considered myself a good listener, becoming an active listener was a turning point in my teaching practice. Letting my students express themselves freely, and allowing silence to be a guest in our sessions gave me the opportunity to truly understand the way they enjoyed learning.

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

Absolutely. I have become a fan of personal development around neuroscience, emotional intelligence, and mindfulness. I am grateful for being able to apply all these insights with my little boy’s education. Of course, my husband has also recognized my personal change and together we want to give our little boy the best environment to become a happy citizen.

“I have grown a neurolanguage coach presence which provides me with confidence to support my coachees”

How has your professional development after the course?

I have grown a neurolanguage coach presence which provides me with confidence to support my coachees’ language journey. I also include coaching principles and models into my practice and make sure the latest findings in neuroscience are taken into account to help my learners.

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

My language coaching sessions and courses are now designed in a way that I can help my coachees to make the necessary connections in their brains to acquire new knowledge, consolidate it, or replace bad habits in a fast and efficient way.

“My learners have expressed witnessing a big impact in their language learning process and they highly appreciate it”

How would you describe the impact you are now having as a language coach on your learners?

My learners have expressed witnessing a big impact in their language learning process and they highly appreciate it. They feel more empowered to continue their language journey and are happy to become an active agent of it.

“LCC has definitely been a life-changing experience in my professional development”

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

I am very grateful for having had the chance to take the LCC, and for Rachel’s support since that very first contact. The LCC has definitely been a life-changing experience in my professional development.

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