

# Language Coaching Certification

February-March 2022

EVENING GROUP

## Introduction to Coaching

| Date                            | Time                            | Agenda   |
|---------------------------------|---------------------------------|--|
| <b>21<sup>st</sup> February</b> | 19.30 – 22.30<br>CET/Spain time | <p>Introduction to the Language Coaching Course</p> <p>Objectives and outline</p> <p>Orientation and think like a coach</p> <p>Listen and speak like a coach</p> <p>Introduction to coaching</p> <p>What is coaching?</p> <p>Sports coaching vs life coaching/business coaching</p> <p>Definitions of coaching</p> <p>What is your definition of coaching?</p> <p>Introducing the ICF</p> <ul style="list-style-type: none"> <li>• Code of ethics</li> <li>• Core competences</li> <li>• Coaching engagements</li> </ul> <p>Coaching Tools – what do we know?</p> <p>Coaching models</p> <p>Key professional skills</p> <ul style="list-style-type: none"> <li>• Empathy and trust</li> <li>• Confidentiality</li> <li>• Active Listening</li> <li>• Powerful Questions</li> <li>• Stretching the coachee</li> <li>• Tapping into motivation and getting commitment</li> </ul> <p>Neuroscience in Coaching - Impacts that we want on the brain</p> <ul style="list-style-type: none"> <li>• Provoke brain connections</li> <li>• Stimulate working memory</li> <li>• Assist hardwiring process</li> <li>• Enhance focus and attention with constant „Placement“ or „GPS conversation mapping“</li> <li>• Focus and attention on Solutions NOT DRAMA</li> <li>• Be sensitive and avoid extreme limbic reactions</li> <li>• Empathy /mirror neurons</li> </ul> |
| <b>22<sup>nd</sup> February</b> | 19.30 – 22.30<br>CET/Spain time | <p>Practice essential development of active listening</p> <p>Practice formulation of powerful questions</p> <p>Introducing how to coach around dilemmas.</p> <p>Interactive coaching practise</p> <p>Introducing goal setting</p> <p>How to steer coaching conversations in goal setting from generic to specific goals</p> <p>Interactive Coaching for goals - coaching practise</p> <p>SMART</p> <p>What are SMART goals? Practising coaching the coachee around SMART goals</p>   |

## Neurolanguage Coaching® Skills

| Date                            | Time                            | Agenda  |
|---------------------------------|---------------------------------|---|
| <b>28<sup>th</sup> February</b> | 19.30 – 22.30<br>CET/Spain time | <p>Introduction to neuroscience, the brain and learning<br/>The development of Neuroscience<br/>Neuromyths<br/>Neuroplasticity and neurogenesis<br/>How neural networks are formed</p> <p>Introducing the triune brain and the limbic system<br/>Brain chemistry Looking deeper at the Limbic system<br/>Reference to the SCARF model by David Rock<br/>Analysing social pain as described by Dr Liebermann</p>   |
| <b>1<sup>st</sup> March</b>     | 19.30 – 22.30<br>CET/Spain time | <p>Practical coaching conversations with regard to social pain situations connected to language learning – coaching our learners to feel more comfortable with language learning</p> <p>The IMAGES model<br/>What can we do to maximise IMAGES?<br/>The Learning Journey and coaching conversations with our coaches about their learning journey<br/>What is mastery – question regarding subconscious brain patterns and how to create these patterns</p> <p>Learning Perceptions and learning styles – Coaching conversations with our coaches regarding their learning styles</p> <p>Brain-based Breakthroughs – how to provoke and create neural networks relating to language</p> |
| <b>7<sup>th</sup> March</b>     | 19.30 – 22.30<br>CET/Spain time | <p>Principles of being a great coach and Principles of being a great language coach<br/>The difference of language teaching and language coaching</p> <p>Language coaching essentials<br/>What is Language Coaching?<br/>What language coaching is not?<br/>What is incorporated into the language coaching process from coaching?</p> <ul style="list-style-type: none"> <li>• ICF Principles and ethics</li> <li>• Confidentiality</li> <li>• Goal setting</li> <li>• Action setting</li> </ul>   |
| <b>8<sup>th</sup> March</b>     | 19.30 – 22.30<br>CET/Spain time | <p>What is incorporated into the language coaching process from coaching continued?<br/>Managing engagements<br/>Explaining the principles and ethics of coaching to language coaching clients</p>  |

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|------------------------------|---------------------------------|---|
|                              |                                 | <p>Language coaching defined and Language Coaching engagement</p> <ul style="list-style-type: none"> <li>• Definition neurolanguage coaching</li> <li>• Introducing language coaching to clients</li> </ul> <p>Introducing the 3 Ms of Language Coaching</p> <ul style="list-style-type: none"> <li>• Motivation</li> <li>• Mechanical</li> <li>• Mastery</li> </ul>  |
| <b>14<sup>th</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>Introducing Motivation diagnostic</p> <ul style="list-style-type: none"> <li>• Finding client motivation</li> <li>• Coaching clients to find motivation</li> <li>• Coaching clients who have no motivation</li> </ul> <p>Practical Coaching conversations around motivation</p> <p>Introducing mechanics and mastery goal setting<br/>Mechanical goal setting practice – practise goal setting applied to language coaching<br/>Getting the coachee to set actions<br/>Coaching for commitment<br/>Giving feedback and acknowledgement as positive reinforcement</p> |
| <b>15<sup>th</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>Practise mechanical goal setting</p> <p>Introducing the Mastery goal setting process</p> <ul style="list-style-type: none"> <li>• Practise goal setting for the mastery of the language</li> <li>• Stretching the coachee for actions and action setting</li> <li>• How to get coachee to own the goals</li> <li>• Commitment and time focus</li> </ul>  |
| <b>22<sup>nd</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>Practise mastery goal setting</p> <p>Introducing the 5 cs of Language Coaching</p> <ul style="list-style-type: none"> <li>• Concrete requirements</li> <li>• Clear Targets and commitments</li> <li>• Coaching conversations</li> <li>• Connecting brain/pervasive neuroscience in coaching</li> <li>• Completion of process</li> </ul> <p>Matching the 5cs to the ICF Coaching Principles</p>   |
| <b>24<sup>th</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>PROGRESS – introducing learning as a circular process<br/>Managing language coaching sessions with the client – accountability and commitment<br/>Administration and forms to use – going through mechanical and mastery goal setting forms with the coachee<br/>Creating action setting forms with the coachee<br/>Conducting goal review forms with the coachee<br/>Structuring language coaching sessions<br/>Delivering language coaching sessions – practice sessions<br/>Coaching Practice – the first session with a new client</p>                           |

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|------------------------------|---------------------------------|--|
|                              |                                 | <p>Managing the coaching engagement<br/>           Coaching Practice – First session with client<br/>           Consolidate the learning and laying foundations for language coaching<br/>           Goal review sessions</p> <ul style="list-style-type: none"> <li>• Coaching around the success of goals and actions</li> </ul>   |
| <b>28<sup>th</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> <li>• Introduction and break down of grammar areas</li> <li>• PACT PQC coaching grammar model</li> </ul> <p>Placement<br/>           Assessment<br/>           Conversation<br/>           Teach<br/>           Powerful questions<br/>           Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation<br/>           Applying coaching methodology into the Language coaching process<br/>           Practice neurolanguage blockbuilding<br/>           Coaching Practice – Grammar topics in coaching conversation<br/>           Applying coaching model into the Language coaching process</p>                        |
| <b>29<sup>th</sup> March</b> | 19.30 – 22.30<br>CET/Spain time | <p>(cont.)<br/>           Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> <li>• Introduction and break down of grammar areas</li> <li>• PACT PQC coaching grammar model</li> </ul> <p>Placement<br/>           Assessment<br/>           Conversation<br/>           Teach<br/>           Powerful questions<br/>           Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation<br/>           Applying coaching methodology into the Language coaching process<br/>           Practice neurolanguage blockbuilding<br/>           Coaching Practice – Grammar topics in coaching conversation<br/>           Applying coaching model into the Language coaching process</p> |