

Language Coaching Certification

May-June 2022

WEEKEND MARATHON

Introduction to Coaching

Date	Time	Agenda
21st May	18.00 – 22.00 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"> • Code of ethics • Core competences • Coaching engagements <p>Coaching Tools – what do we know?</p> <p>Coaching models</p> <p>Key professional skills</p> <ul style="list-style-type: none"> • Empathy and trust • Confidentiality • Active Listening • Powerful Questions • Stretching the coachee • Tapping into motivation and getting commitment <p>Neuroscience in Coaching - Impacts that we want on the brain</p> <ul style="list-style-type: none"> • Provoke brain connections • Stimulate working memory • Assist hardwiring process • Enhance focus and attention with constant „Placement“ or „GPS conversation mapping“ • Focus and attention on Solutions NOT DRAMA • Be sensitive and avoid extreme limbic reactions • Empathy /mirror neurons
22nd May	18.00 – 22.00 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
28th May	18.00 – 22.00 CET/Spain time	<p>Introduction to neuroscience, the brain and learning</p> <p>The development of Neuroscience</p> <p>Neuromyths</p> <p>Neuroplasticity and neurogenesis</p> <p>How neural networks are formed</p> <p>Introducing the triune brain and the limbic system</p> <p>Brain chemistry Looking deeper at the Limbic system</p> <p>Reference to the SCARF model by David Rock</p> <p>Analysing social pain as described by Dr Liebermann</p> <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</p> <p>What can we do to maximise IMAGES?</p> <p>The Learning Journey and coaching conversations with our coaches about their learning journey</p> <p>What is mastery – question regarding subconscious brain patterns and how to create these patterns</p>
29th May	18.00 – 22.00 CET/Spain time	<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> <p>Principles of being a great coach and Principles of being a great language coach</p> <p>The difference of language teaching and language coaching</p> <p>Language coaching essentials</p> <p>What is Language Coaching?</p> <p>What language coaching is not?</p> <p>What is incorporated into the language coaching process from coaching?</p> <ul style="list-style-type: none"> • ICF Principles and ethics • Confidentiality • Goal setting • Action setting

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11th June	18.00 – 22.00 CET/Spain time	<p>What is incorporated into the language coaching process from coaching continued?</p> <p>Managing engagements</p> <p>Explaining the principles and ethics of coaching to language coaching clients</p> <p>Language coaching defined and Language Coaching engagement</p> <ul style="list-style-type: none"> • Definition neurolanguage coaching • Introducing language coaching to clients <p>Introducing the 3 Ms of Language Coaching</p> <ul style="list-style-type: none"> • Motivation • Mechanical • Mastery <p>Introducing Motivation diagnostic</p> <ul style="list-style-type: none"> • Finding client motivation • Coaching clients to find motivation • Coaching clients who have no motivation <p>Practical Coaching conversations around motivation</p>
17th June	18.00 – 22.00 CET/Spain time	<p>Introducing mechanics and mastery goal setting</p> <p>Mechanical goal setting practice – practise goal setting applied to language coaching</p> <p>Getting the coachee to set actions</p> <p>Coaching for commitment</p> <p>Giving feedback and acknowledgement as positive reinforcement</p> <p>Practise mechanical goal setting</p> <p>Introducing the Mastery goal setting process</p> <ul style="list-style-type: none"> • Practise goal setting for the mastery of the language • Stretching the coachee for actions and action setting • How to get coachee to own the goals • Commitment and time focus <p>Practise mastery goal setting</p>
18th June	18.00 – 22.00 CET/Spain time	<p>Introducing the 5 cs of Language Coaching</p> <ul style="list-style-type: none"> • Concrete requirements • Clear Targets and commitments • Coaching conversations • Connecting brain/pervasive neuroscience in coaching • Completion of process <p>Matching the 5cs to the ICF Coaching Principles</p> <p>PROGRESS – introducing learning as a circular process</p> <p>Calm – feedback – the importance of positive feedback</p>

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		<p>Managing language coaching sessions with the client – accountability and commitment</p> <p>Administration and forms to use – going through mechanical and mastery goal setting forms with the coachee</p> <p>Creating action setting forms with the coachee</p> <p>Conducting goal review forms with the coachee</p>
24th June	18.00 – 20.00 CET/Spain time	<p>Structuring language coaching sessions</p> <p>Delivering language coaching sessions – practice sessions</p> <p>Coaching Practice – the first session with a new client</p> <p>Managing the coaching engagement</p> <p>Coaching Practice – First session with client</p> <p>Consolidate the learning and laying foundations for language coaching</p> <p>Goal review sessions</p> <ul style="list-style-type: none"> • Coaching around the success of goals and actions <p>applying the coaching models into language coaching, in particular FEELING coaching practice – reviewing Facts, Emotions, Encouragement, Learning, Implications and New Goals</p>
25th June	18.00 – 21.00 CET/Spain time	<p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> • Introduction and break down of grammar areas • PACT PQC coaching grammar model <p>Placement</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p>
28th June	18.00 – 21.00 CET/Spain time	<p>(cont.)</p> <p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> • Introduction and break down of grammar areas • PACT PQC coaching grammar model <p>Placement</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation</p> <p>Recorded session preparation</p> <p>Consolidation and wrap up of the course</p> <p>Language Coach Network</p> <p>Touch base coaching practise</p>