



## LANGUAGE COACHING CERTIFICATION

Sitges, December 2021

### Introduction to Coaching (online sessions)

Date	Time	Agenda
<b>To be agreed</b>	3 hours, online	Introduction to the Language Coaching Course Objectives and outline Orientation and think like a coach Listen and speak like a coach Introduction to coaching What is coaching? Sports coaching vs life coaching/business coaching Definitions of coaching What is your definition of coaching? Introducing the ICF <ul style="list-style-type: none"> <li>• Code of ethics</li> <li>• Core competences</li> <li>• Coaching engagements</li> </ul> Coaching Tools – what do we know? Coaching models Key professional skills <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> Neuroscience in Coaching - Impacts that we want on the brain <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>To be agreed</b>	3 hours, online	Practice essential development of active listening Practice formulation of powerful questions Introducing how to coach around dilemmas Interactive coaching practise Introducing goal setting How to steer coaching conversations in goal setting from generic to specific goals Interactive Coaching for goals - coaching practise SMART What are SMART goals? Practising coaching the coachee around SMART goals



## Neurolanguage Coaching® (face-to-face sessions)

Date	Time	Agenda
<b>17<sup>th</sup> December</b>	9.30 AM to 17.00 local 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> <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"> <li>• ICF Principles and ethics</li> <li>• Confidentiality</li> <li>• Goal setting</li> <li>• Action setting</li> </ul>
<b>18<sup>th</sup> December</b>	9.30 AM to 17.00 local 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"> <li>• Definition neurolanguage coaching</li> <li>• Introducing language coaching to clients</li> </ul>



Date	Time	Agenda
		<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> <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</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"> <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>
<p><b>19<sup>th</sup> December</b></p>	<p>9.30 AM to 17.00 local time</p>	<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> <p>PROGRESS – introducing learning as a circular process</p> <p>Calm – feedback – the importance of positive feedback</p> <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> <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>



Date	Time	Agenda
		Coaching Practice – First session with client Consolidate the learning and laying foundations for language coaching Goal review sessions <ul style="list-style-type: none"> <li>• Coaching around the success of goals and actions</li> <li>• applying the coaching models into language coaching, in particular FEELING coaching practice – reviewing Facts, Emotions, Encouragement, Learning, Implications and New Goals</li> </ul>

### Grammar troubleshooting (face-to-face sessions)

Date	Time	Agenda
<b>To be agreed</b>	3 hours, online	Neurolanguage Blockbuilding – delivering grammar through coaching conversations <ul style="list-style-type: none"> <li>• Introduction and break down of grammar areas</li> <li>• PACT PQC coaching grammar model</li> </ul> Placement Assessment Conversation Teach Powerful questions Clarification
<b>To be agreed</b>	3 hours, online	Coaching Practice – Grammar topics in coaching conversation Recorded session preparation Consolidation and wrap up of the course Language Coach Network  Touch base coaching practise