

## LANGUAGE COACHING CERTIFICATION

Sitges, June 2022

### Introduction to Coaching (online sessions)

Date	Time	Agenda
<b>To be agreed</b>	3 hours, online	<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>To be agreed</b>	3 hours, online	<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® (face-to-face sessions)

Date	Time	Agenda
<b>3<sup>rd</sup> June</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>4<sup>th</sup> June</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>5<sup>th</sup> June</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