

Neurolanguage Coaching in Action – Focus on Ongoing Sessions

March 2026

(15 hours/ 15 ICF credits)

Session	Learning Focus	Timing	ICF Competencies	CCE
1 1 st March 2026	Refreshing the 3Ms Coaching for Motivation Mechanical Goal and Action setting Mastery Goal and Action setting Clarity on SMART Goals Clarity on Time period <ul style="list-style-type: none"> Pulse check conversations 	2 hours 20:00- 22:00 CET	2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
2 4 th March 2026	Checking on Commitment and Accountability Troubleshooting <ul style="list-style-type: none"> Coaching around commitment FEELI Coaching around lost motivation 	2 hours 10:00- 12:00 CET	2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
3 5 th March 2026	Designing Coachee Roadmaps <ul style="list-style-type: none"> Key principles when designing Achieving different brain states 	2 hours 10:00- 12:00 CET	2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
4 8 th March 2026	PACT PCQ coaching model for Mechanical Goals PACT PCQ coaching model for Mastery Goals	2 hours 20:00- 22:00 CET	2. Embodies a Coaching Mindset 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
5 11 th March 2026	Focus on Actions Actions for Mechanical <ul style="list-style-type: none"> Cocreating visuals/materials Coaching conversations for actions Performing actions Powerful questions 	2 hours 10:00- 12:00 CET	1. Demonstrates Ethical Practice 2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3

Session	Learning Focus	Timing	ICF Competences	CCE
6 12 th March 2026	Actions for Mastery <ul style="list-style-type: none"> Cocreating visuals/materials Using coachee materials Coaching conversations for actions Performing actions <p>Powerful questions</p>	2 hours 10:00- 12:00	1. Demonstrates Ethical Practice 2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
7 18 th March 2026	Performing Ongoing sessions <ul style="list-style-type: none"> Structure of sessions Achieve different brain states Coaching conversation framework Signposting is key <p>CASE STUDY – coaching engagement</p> <p>Extras in ongoing sessions</p>	2 hours 10:00- 12:00 CET	1. Demonstrates Ethical Practice 2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3
8 19 th March 2026	NeuroPrompts <ul style="list-style-type: none"> Coaching around triggers Coaching conversation about the brain Added coaching conversations 	1 hour 11:00- 12:00	1. Demonstrates Ethical Practice 2. Embodies a Coaching Mindset 3. Establishes and Maintains Agreements 4. Cultivates Trust and Safety 5. Maintains Presence 6. Listens Actively 7. Evokes Awareness 8. Facilitates Client Growth	CC3