

Neurolanguage Coaching in Action – Focus on Ongoing Sessions

August-September 2022

(15 hours/ 15 ICF credits)

Session	Learning Focus	Timing	ICF Competences	CCE
1 17 th August 2022	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 Checking on Commitment and Accountability	3 hours 16:00-19:00 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 31 st August 2022	Troubleshooting <ul style="list-style-type: none"> Coaching around commitment FEELI Coaching around lost motivation Designing Coachee Roadmaps <ul style="list-style-type: none"> Key principles when designing Achieving different brain states 	3 hours 16:00-19:00 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 7 th September 2022	PACT PCQ coaching model for Mechanical Goals PACT PCQ coaching model for Mastery Goals	2 hours 17:00-19:00 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
4 14 th September 2022	Focus on Actions Actions for Mechanical <ul style="list-style-type: none"> Cocreating visuals/materials Coaching conversations for actions Performing actions Powerful questions Actions for Mastery <ul style="list-style-type: none"> Cocreating visuals/materials Using coachee materials Coaching conversations for actions Performing actions 	3 hours 16:00-19:00 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
5 21 st September	<p>Powerful questions</p> <p>Performing Ongoing sessions</p> <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>2 hours 17:00- 19:00 CET</p>	<p>1. Demonstrates Ethical Practice</p> <p>2. Embodies a Coaching Mindset</p> <p>3. Establishes and Maintains Agreements</p> <p>4. Cultivates Trust and Safety</p> <p>5. Maintains Presence</p> <p>6. Listens Actively</p> <p>7. Evokes Awareness</p> <p>8. Facilitates Client Growth</p>	CC3
6 28 th September 2022	<p>Extras in ongoing sessions</p> <p>NeuroPrompts</p> <ul style="list-style-type: none"> • Coaching around triggers • Coaching conversation about the brain • Added coaching conversations 	<p>2 hours 17:00- 19:00 CET</p>	<p>1. Demonstrates Ethical Practice</p> <p>2. Embodies a Coaching Mindset</p> <p>4. Cultivates Trust and Safety</p> <p>5. Maintains Presence</p> <p>6. Listens Actively</p> <p>7. Evokes Awareness</p> <p>8. Facilitates Client Growth</p>	CC3