

# Language Coaching Certification

June-July 2023

MORNING GROUP

## Introduction to Coaching

Date	Time	Agenda
5 <sup>th</sup> June	09.00 – 12.00 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"> <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>
7 <sup>th</sup> June	09.00 – 12.00 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
<b>8<sup>th</sup> June</b>	09.00 – 12.00 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>
<b>12<sup>th</sup> June</b>	09.00 – 12.00 CET/Spain time	<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>
<b>13<sup>th</sup> June</b>	09.00 – 12.00 CET/Spain time	<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>15<sup>th</sup> June</b>	09.00 – 12.00 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>

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		<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> <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>
<b>20<sup>th</sup> June</b>	09.00 – 12.00 CET/Spain time	<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 Mechanical goal setting practice – practise goal setting applied to language coaching Getting the coachee to set actions Coaching for commitment Giving feedback and acknowledgement as positive reinforcement</p>
<b>22<sup>nd</sup> June</b>	09.00 – 12.00 CET/Spain time	<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>
<b>28<sup>th</sup> June</b>	09.00 – 12.00 CET/Spain time	<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>
<b>4<sup>th</sup> July</b>	09.00 – 12.00 CET/Spain time	<p>PROGRESS – introducing learning as a circular process</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>

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		<p>Managing the coaching engagement            Coaching Practice – First session with client            Consolidate the learning and laying foundations for language coaching            Goal review sessions</p> <ul style="list-style-type: none"> <li>• Coaching around the success of goals and actions</li> </ul>
<b>6<sup>th</sup> July</b>	09.00 – 12.00 CET/Spain time	<p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> <li>• Introduction and break down of grammar areas</li> <li>• PACT PQC coaching grammar model</li> </ul> <p>Placement            Assessment            Conversation            Teach            Powerful questions            Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation            Applying coaching methodology into the Language coaching process            Practice neurolanguage blockbuilding            Coaching Practice – Grammar topics in coaching conversation            Applying coaching model into the Language coaching process</p>
<b>13<sup>th</sup> July</b>	09.00 – 12.00 CET/Spain time	<p>(continuation)            Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> <li>• Introduction and break down of grammar areas</li> <li>• PACT PQC coaching grammar model</li> </ul> <p>Placement            Assessment            Conversation            Teach            Powerful questions            Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation            Applying coaching methodology into the Language coaching process            Practice neurolanguage blockbuilding            Coaching Practice – Grammar topics in coaching conversation            Applying coaching model into the Language coaching process</p>