



# LANGUAGE COACHING CERTIFICATION

Sitges, June 2025

## Online sessions

Date	Time	Agenda
<b>tba</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>tba</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>



Date	Time	Agenda
<b>tba</b>	3 hours, online	<p>What are SMART goals?</p> <p>Practising coaching the coachee around SMART goals</p> <p>Introduction to neuroscience, the brain and learning            The development of Neuroscience            Neurons and How neural networks are formed</p> <p>Formation of habits            Neuroplasticity and neurogenesis            Ageing and neuroplasticity            Scientific evidence of neuroplasticity</p>
<b>tba</b>	3 hours, online	<p>The brain and learning            Brain Waves and learning</p> <p>Areas of the Brain</p> <p>Introducing the triune brain and the limbic system</p> <p>Looking deeper at the Limbic system            Fight or flight in depth – amygdala hijack situations            Reference to the emotional triggers in language learning            Analysing social pain as described by Dr Liebermann</p> <p>Practical coaching conversations with regard to emotional triggers and social pain situations connected to language learning – coaching our learners to feel more comfortable with language learning</p>
<b>tba</b>	3 hours, online	<p>Practical coaching conversations with regard to emotional triggers</p> <p>The IMAGES model            What is the perfect learning state?            Identifying the elements of the perfect learning state            Connecting brain waves to the learning states</p> <p>The Learning Journey and coaching conversations with our coaches about their learning journey            What is mastery – question regarding subconscious brain patterns and how to create these patterns</p> <p>The Flow State and Conscious and Subconscious</p>



## Face-to-face sessions

Date	Time	Agenda
<b>27<sup>th</sup> June</b>	14.00 AM to 17.30 local time	<p>Learning Perceptions and learning styles – Coaching conversations with our coaches regarding their learning styles</p> <p>Wrapping up the neuroscience</p> <p>Brain-based Breakthroughs – how to provoke and create neural networks relating to language</p> <p>Principles from coaching integrated into the NL Coaching process</p> <p>What is incorporated into the language coaching process from coaching continued?</p> <p>The difference of language teaching and language coaching</p> <p>What is Language Coaching and what language coaching is not?</p> <p>What is incorporated into the language coaching process from coaching?</p> <p>Building up the 1<sup>st</sup> session with a client</p> <p>What do you know about Language coaching and Neurolanguage 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>28<sup>th</sup> June</b>	9.00 AM to 13.00 & 14.00 AM to 17.30 local 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</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>Practise mastery goal setting</p> <p>Introducing the 5 cs of Language Coaching</p> <ul style="list-style-type: none"> <li>• Concrete requirements</li> </ul>



Date	Time	Agenda
<b>29<sup>th</sup> June</b>	9.00 AM to 13.00	<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> <p>Managing the coaching engagement</p> <p>Coaching Practice – First session with client</p> <p>Consolidate the learning and laying foundations for language coaching</p> <p>Goal review sessions</p> <p>Coaching around the success of goals and actions</p>

### Grammar troubleshooting (online sessions)

Date	Time	Agenda
<b>tba</b>	3 hours, online	<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</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p>
<b>tba</b>	3 hours, online	<p>(cont.)</p> <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</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p> <p>Coaching Practice – Grammar topics in coaching conversation</p> <p>Applying coaching methodology into the Language coaching process</p> <p>Practice neurolanguage blockbuilding</p> <p>Coaching Practice – Grammar topics in coaching conversation</p> <p>Applying coaching model into the Language coaching process</p>