

Neurolanguage Coaching in Action – Focus on Ongoing Sessions

December 2025-January 2026

(15 hours/ 15 ICF credits)

Session	Learning Focus	Timing	ICF Competencies	CCE
1 11 th December 2025	Refreshing the 3Ms Coaching for Motivation Mechanical Goal and Action setting Mastery Goal and Action setting Clarity on SMART Goals Clarity on Time period Pulse check conversations Checking on Commitment and Accountability	3 hours 09:00-12:00 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
2 18 th December 2025	Troubleshooting - Coaching around commitment FEELI - Coaching around lost motivation Designing Coachee Roadmaps - Key principles when designing - Achieving different brain states	3 hours 09:00-12:00 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 23 rd December 2025	PACT PCQ coaching model for Mechanical Goals PACT PCQ coaching model for Mastery Goals Focus on Actions Actions for Mechanical - Cocreating visuals/materials - Coaching conversations for actions - Performing actions - Powerful questions	3 hours 09:00-12:00 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 2 nd January 2026	Actions for Mastery - Cocreating visuals/materials - Using coachee materials - Coaching conversations for actions - Performing actions Powerful questions	3 hours 09:00-12:00 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

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	Performing Ongoing sessions • Structure of sessions • Achieve different brain states • Coaching conversation framework • Signposting is key			
5 8 th January 2026	CASE STUDY – coaching engagement Extras in ongoing sessions NeuroPrompts • Coaching around triggers • Coaching conversation about the brain • Added coaching conversations	3 hours 09:00- 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