

## Neurolanguage Coaching in Action – Focus on Ongoing Sessions

September-November 2025

(15 hours/ 15 ICF credits)

Session	Learning Focus	Timing	ICF Competencies	CCE
1 25 <sup>th</sup> September 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 <ul style="list-style-type: none"> <li>Pulse check conversations</li> </ul> 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 1 <sup>st</sup> October 2025	Troubleshooting <ul style="list-style-type: none"> <li>Coaching around commitment FEELI</li> <li>Coaching around lost motivation</li> </ul> Designing Coachee Roadmaps <ul style="list-style-type: none"> <li>Key principles when designing</li> <li>Achieving different brain states</li> </ul>	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 15 <sup>th</sup> October 2025	PACT PCQ coaching model for Mechanical Goals PACT PCQ coaching model for Mastery Goals  Focus on Actions Actions for Mechanical <ul style="list-style-type: none"> <li>Cocreating visuals/materials</li> <li>Coaching conversations for actions</li> <li>Performing actions</li> <li>Powerful questions</li> </ul>	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 30 <sup>th</sup> October 2025	Actions for Mastery <ul style="list-style-type: none"> <li>Cocreating visuals/materials</li> <li>Using coachee materials</li> <li>Coaching conversations for actions</li> <li>Performing actions</li> </ul> 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 <ul style="list-style-type: none"> <li>• Structure of sessions</li> <li>• Achieve different brain states</li> <li>• Coaching conversation framework</li> <li>• Signposting is key</li> </ul>			
5 5 <sup>th</sup> November 2025	CASE STUDY – coaching engagement  Extras in ongoing sessions  NeuroPrompts <ul style="list-style-type: none"> <li>• Coaching around triggers</li> <li>• Coaching conversation about the brain</li> <li>• Added coaching conversations</li> </ul>	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