

Language Coaching Certification

September 2025

EVENING GROUP

Introduction to Coaching

| Date | Time | Agenda |
|---------------------------------|-------------------------------------|--|
| 1st September | 19.00 – 22.00 CEST/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"> • Code of ethics • Core competences • Coaching engagements <p>Coaching Tools – what do we know?</p> <p>Coaching models</p> <p>Key professional skills</p> <ul style="list-style-type: none"> • Empathy and trust • Confidentiality • Active Listening • Powerful Questions • Stretching the coachee • Tapping into motivation and getting commitment <p>Neuroscience in Coaching - Impacts that we want on the brain</p> <ul style="list-style-type: none"> • Provoke brain connections • Stimulate working memory • Assist hardwiring process • Enhance focus and attention with constant „Placement“ or „GPS conversation mapping“ • Focus and attention on Solutions NOT DRAMA • Be sensitive and avoid extreme limbic reactions • Empathy /mirror neurons |
| 2nd September | 19.00 – 22.00 CEST/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> |

Neurolanguage Coaching® Skills

| Date | Time | Agenda |
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| 8th September | 19.00 – 22.00 CEST/Spain time | <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> |
| 9th September | 19.00 – 22.00 CEST/Spain time | <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 Lieberman</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> |
| 11th September | 19.00 – 22.00 CEST/Spain time | <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> |
| 15th September Delivered by Clare Crawford | 19.00 – 22.00 CEST/Spain time | <p>Learning Perceptions and learning styles – Coaching conversations with our coaches regarding their learning styles</p> <p>Wrapping up the neuroscience Brain-based Breakthroughs – how to provoke and create neural networks relating to language</p> |

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| | | <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 1st session with a client</p> <p>What do you know about Language coaching and Neurolanguage Coaching engagement</p> <ul style="list-style-type: none"> • Definition neurolanguage coaching • Introducing language coaching to clients <p>Introducing the 3 Ms of Language Coaching</p> <ul style="list-style-type: none"> • Motivation • Mechanical • Mastery |
| 16th September Delivered by Clare Crawford | 19.00 – 22.00 CEST/Spain time | <p>Introducing Motivation diagnostic</p> <ul style="list-style-type: none"> • Finding client motivation • Coaching clients to find motivation • Coaching clients who have no motivation <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> |
| 18th September Delivered by Clare Crawford | 19.00 – 22.00 CEST/Spain time | <p>Practise mechanical goal setting</p> <p>Introducing the Mastery goal setting process</p> <ul style="list-style-type: none"> • Practise goal setting for the mastery of the language • Stretching the coachee for actions and action setting • How to get coachee to own the goals • Commitment and time focus |
| 24th September | 19.00 – 22.00 CEST/Spain time | <p>Practise mastery goal setting</p> <p>Introducing the 5 cs of Language Coaching</p> <ul style="list-style-type: none"> • Concrete requirements <p>PROGRESS – introducing learning as a circular process</p> <p>Managing language coaching sessions with the client – accountability and commitment</p> |

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| | | <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> |
| 25th September | 19.00 – 22.00 CEST/Spain time | <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> <ul style="list-style-type: none"> Coaching around the success of goals and actions |
| 29th September | 19.00 – 22.00 CEST/Spain time | <p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> Introduction and break down of grammar areas PACT PQC coaching grammar model <p>Placement</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p> |
| 30th September | 19.00 – 22.00 CEST/Spain time | <p>(cont.)</p> <p>Neurolanguage Blockbuilding – delivering grammar through coaching conversations</p> <ul style="list-style-type: none"> Introduction and break down of grammar areas PACT PQC coaching grammar model <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> |