

# Language Coaching Certification

November-December 2025

AFTERNOON GROUP

## Introduction to Coaching

| Date                     | Time                            | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| 4 <sup>th</sup> November | 17.00 – 20.00<br>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> |
| 5 <sup>th</sup> November | 17.00 – 20.00<br>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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

## Neurolanguage Coaching® Skills

| Date                            | Time                            | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>10<sup>th</sup> November</b> | 17.00 – 20.00<br>CET/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</p> <p>The development of Neuroscience</p> <p>Neurons and How neural networks are formed</p> <p>Formation of habits</p> <p>Neuroplasticity and neurogenesis</p> <p>Ageing and neuroplasticity</p> <p>Scientific evidence of neuroplasticity</p>                                                                                                                                                                                                                                                                            |
| <b>12<sup>th</sup> November</b> | 17.00 – 20.00<br>CET/Spain time | <p>The brain and learning</p> <p>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</p> <p>Fight or flight in depth – amygdala hijack situations</p> <p>Reference to the emotional triggers in language learning</p> <p>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> <p>Practical coaching conversations with regard to emotional triggers</p> |
| <b>17<sup>th</sup> November</b> | 17.00 – 20.00<br>CET/Spain time | <p>The IMAGES model</p> <p>What is the perfect learning state?</p> <p>Identifying the elements of the perfect learning state</p> <p>Connecting brain waves to the learning states</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>The Flow State and Conscious and Subconscious</p>                                                                                                                                                                                                                  |
| <b>25<sup>th</sup> November</b> | 17.00 – 20.00<br>CET/Spain 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>                                                                                                                                                                                                                                                                                                                                                                                                           |

| Date                            | Time                            | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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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 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>26<sup>th</sup> November</b> | 17.00 – 20.00<br>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</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>                                                                                                                                                                                                                                                     |
| <b>2<sup>nd</sup> December</b>  | 17.00 – 20.00<br>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>9<sup>th</sup> December</b>  | 17.00 – 20.00<br>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> </ul> <p>PROGRESS – introducing learning as a circular process</p> <p>Managing language coaching sessions with the client – accountability and commitment</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

| Date                            | Time                            | Agenda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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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>                                                                                                                                                                                                                                                                                                                                                  |
| <b>10<sup>th</sup> December</b> | 17.00 – 20.00<br>CET/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"> <li>Coaching around the success of goals and actions</li> </ul>                                                                                                                                                                                                                                                                                                                      |
| <b>16<sup>th</sup> December</b> | 17.00 – 20.00<br>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</p> <p>Assessment</p> <p>Conversation</p> <p>Teach</p> <p>Powerful questions</p> <p>Clarification</p>                                                                                                                                                                                                                                                                                                                                            |
| <b>17<sup>th</sup> December</b> | 17.00 – 20.00<br>CET/Spain time | <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> |