

Neurolanguage Coaching® Under Spotlight

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Scan the code to say what comes to your mind when I say
'NeuroLanguage Coaching' (NLC)



Who is the Founder of NeuroLanguage Coaching®?



Rachel Marie Paling
ICF PCC

Rachel is the founder of Efficient Language Coaching®. She is an Experienced Educator, International Speaker, and International Game Changer in Education.

She coined 2 significant breakthroughs in education: Neurolanguage Coaching® and Neuroheart Education®.

**Work with the person next to you.
Match the words to their definitions.**

Scan the code



Neuroscience ✓

the study of how the nervous system develops, its structure, and what it does. Neuroscientists focus on the brain and its impact on behavior and cognitive functions.

Coaching ✓

partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.

Neuroheart Education ✓

A brain-friendly educational approach that is not only transforming learners, students and pupils but also teachers, schools, institutions and colleges

Language Coaching ✓

It is a learner-led process aimed at creating optimal target language acquisition while working towards effective international communication skills in order to reach future-related goals.

Neurolanguage Coaching ✓

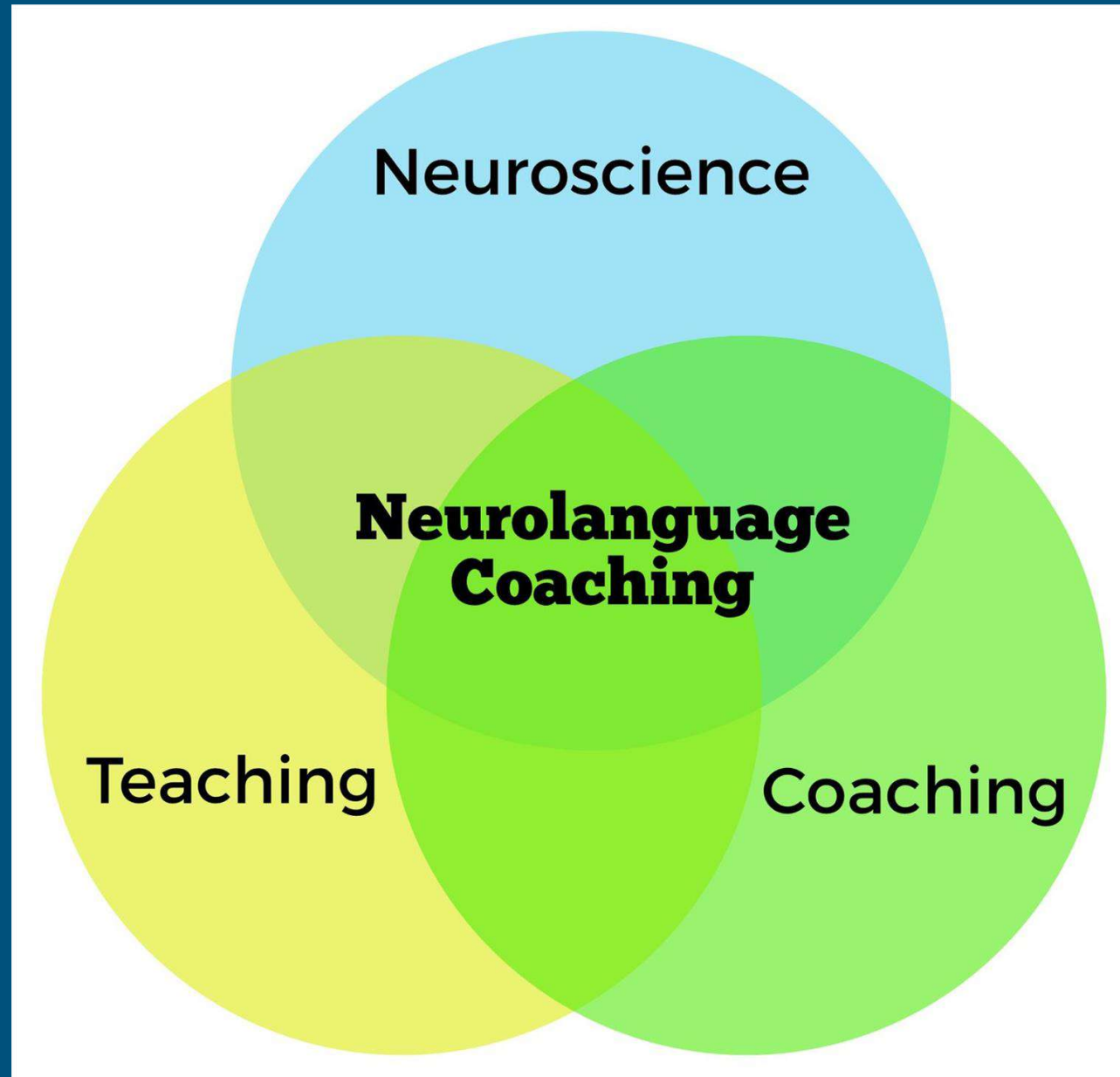
the efficient and fast transfer of language knowledge and skills from the Language Coach to the Language Coachee with sustainable effects facilitated by brain-based coaching and coaching principles and neuroscience.

Neurolanguage Coaching

According to Rachel Paling (2012)

“Neurolanguage Coaching® is the efficient and fast transfer of language knowledge and skills from the Language Coach to the Language Coachee with sustainable effects facilitated by brain-based coaching and coaching principles and neuroscience.”

What is Neurolanguage Coaching



Coaching

Maximizing the coachee/client's potentials by having a coachee/client-centred conversation along with other coaching tools and believing in the coachee/client's is capable of reaching his/her set goals and desired outcomes.

General Coaching Principles Applied to NLC:

- ICF's Core Competencies + Code of Conduct/Ethics (quality coaching)
- Agreement, confidentiality & Non-judgment
- Goal setting + actions & strategies
- Motivation & Commitment
- Checking progress & accountability

Neuroscience:

The simplest definition would be “The science that covers the whole nervous system, with a primary focus on the brain and how it functions.”

Neuroscience Principles Applied to NLC to calm the brain:

- Dopamine (rewards, positive emotions, hugging, sleeping, hugging, exercise, good exercise, etc.)
- Recognition & acknowledgment
- Positive feedback = Happy brain
- Signposting
- Reformulation
- Empathy & Trust
- Compassion



In small groups, answer the following:
True or False about Neurolanguage Coaching® (NLC)

Scan the code to answer



1

We can find 2 identical brains.

False



2

NLC is tailor-made to the clients's learning needs

True



3

The brain differentiate can between physical and emotional pain.

False



4

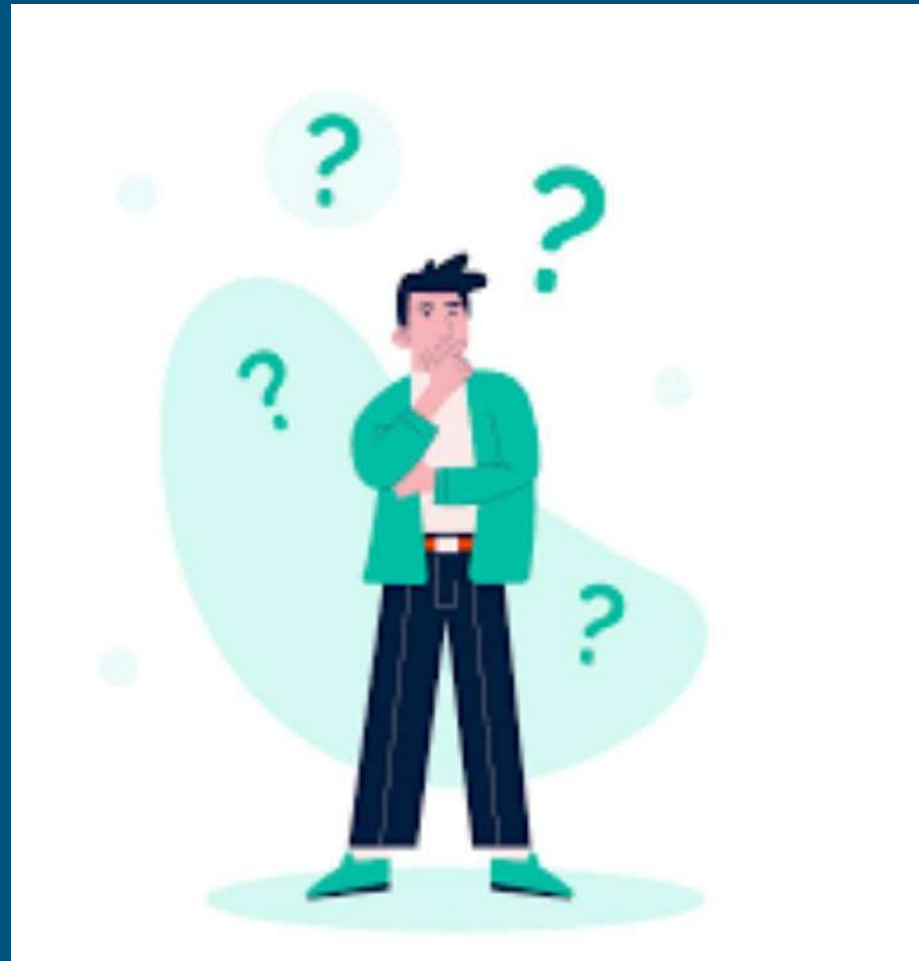
NLC creates the perfect learning conditions for the brain

True



Can Neurolanguage coaching help with emotional triggers?

(trauma, bad learning experience, etc.)



Yes!

- Learning triggers (LTs) must **NOT** be ignored
- **LTs** should be addressed as soon as they arise
- Coaching around learning triggers calm down the coachee



In 1 or 2 words, what's your takeaway from the session?

Scan the code to answer



Q & A

Feel free to connect with me on social media and to ask any questions



References

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A word cloud featuring the phrase "Thank You" in numerous languages. The words are arranged in a circular pattern, with "THANK YOU" being the largest and most central. Other languages include Spanish (GRACIAS, ARIGATO), Arabic (SHUKURIA), Hindi (DANKSHEEN), and many others. The background is a light blue gradient.