

**NeuroHeart Education
Foundation**
2024



COURSE PORTFOLIO :
1.1 **NEUROHEART**
EDUCATIONAL COACH
TRAINING

1.1 NEUROHEART EDUCATIONAL COACHING DELIVERED BY RACHEL AND THE TEAM OF TRAINERS OF THE NHE FOUNDATION

**I CANNOT TEACH
ANYBODY ANYTHING; I
CAN ONLY MAKE THEM
THINK.**

– SOCRATES

WHAT IS NEUROHEART?

Neuroheart Education is for teachers of any discipline, and is based on the integration of neuroscience principles and professional coaching competences into the learning process, to create more personalised, efficient and potentially faster ways of learning. Learners experience a calm relaxed learning space which facilitates and stimulates scaffolding and new insights and enhances their ability to learn and memorise. It totally transforms teachers who then skilfully can use compassionate coaching conversations and share insights into how the brain learns, creating a unique learning experience for 21st century learners.

ABOUT RACHEL

Rachel Marie Paling founded Efficient Language Coaching in 2008 and created the method Neurolanguage Coaching® . She started teaching English as a Foreign Language to adults over 35 years ago. She has a BA Honours in Law and Spanish, a Masters in Human Rights and Democratization (EMA) and qualified as a UK Lawyer in 2003 She combined her teaching experience, her specialisation in business English and her legal knowledge to coach top executives across Europe.

We are pleased to announce the NeuroHeart Coach Educator Training. This course is accredited by the ICF (International Coach Federation) with 30 Continuing Coaching Education (CCE) hours, plus 6 hours of Resource Development. The course has a very well-balanced ratio of theory and practice with a high degree of active coaching, so you instantly come into practical coaching and "learning by doing".



Rachel has created the new method and approach called Neurolanguage Coaching® and has trained over 1500 language teachers worldwide certifying them as Neurolanguage Coaches with her training course, one of the only language coaching certification courses in the world accredited by International Coach Federation USA. She is a professional coach with the PCC Credential from the International Coaching Federation and also holds an MA in Applied Neuroscience and an MA in Neuroeducation and Neuropsychology.

The Neuroheart Educational Coaching course can be delivered by Rachel or her trainers and can be delivered in French, Spanish, Italian, German, Ukrainian, Russian, Chinese, Arabic, Japanese, Portuguese, Greek, Slovakian, Rumanian.





PROGRAMME OVERVIEW

We introduce you to Coaching

The first sessions focus on introducing participants to coaching in general and also to the International Coaching Federation principles and core competences. It also introduces an understanding of the theory and principles behind brain-based coaching and how neuroscientific research can assist in understanding and formulating powerful coaching conversations.

This introduction aims to lay the pathway for participants to really assist and coach others to focus and develop themselves. Participants develop key coaching skills, such as active listening, powerful questioning and effective coaching conversations as well as learn to use different coaching models. Participants immediately start with coaching practice to pave the way for the neuroscience and the language coaching.

We introduce you to Neuroscience and Emotional Intelligence

The second part of the course takes participants through the principles of neuroscience, how the brain functions, learns and reacts, building up the knowledge step by step and then understanding how this applies to language learning, The importance of understanding the emotional brain, social pain, and potentially the perfect learning state as well as the respect for each and every learner as individuals.

We introduce you to NeuroHeart Education® Coach Skills

This part focuses on equipping participants with an understanding of the theory and principles behind NeuroHeart Education and the ability to integrate principles of traditional coaching and brain-based coaching, together with the neuroscience of learning into the language learning process. In effect, as a NeuroHeart Coach Educator, we take education into one step beyond teaching. Traditional coaching models are practiced and also new coaching models are introduced.



MODULE CONTENT

The content covered within the modules is as follows:

- What is Coaching?
- Key skills of professional coaching
- Neuroscience in Coaching - Impacts we want on the brain
- Introduction to neuroscience, the brain and learning
- Optimization of learning
- Principles to be a great coaching educator
- Going deeper into coaching skills
- Practical changes in coaching conversations
- Diagnosis of motivation
- Introduction to the Mastery goal setting process
- FEELING model for consolidation

These modules result in learning outcomes about how the brain *learns, reacts* and *functions*.

**ACCREDITED BY THE INTERNATIONAL COACH FEDERATION
(WITH A TOTAL OF 36 ICF ACCREDITED HOURS)
4 MODULES – 36 ICF CCE, 36 CPD**

MODULE 1 - Introduction to Coaching - 6 hours

- What is coaching and how can we integrate it into teaching conversations?
- Introducing coaching around dilemmas and goal setting

MODULE 2 - Introduction to neuroscience, the brain and learning - 9 hours

- What is neuroscience?
- Introducing neuroplasticity and neurogenesis
- The brain and learning
- Emotional triggers

MODULE 3 - Optimising learning and Deepening Coaching Conversations – 9 hours

- How to optimise the learning state, exploring multiple intelligences and preferred ways to learn
- Deepening professional coaching skills like active listening, powerful questions and feedback

MODULE 4 - Moving into the Classroom – 12 hours

- Implementing coaching conversations around motivation and goal setting
- Coaching around dilemmas in the classroom
- Coaching conversations to teach
- Conducting goal reviews
- Moving teaching into 21st century

Each module carries the CCE and RD Accreditation of the International Coach Federation and the corresponding CPD from the UK standards board. With the Completion of all four modules, participants will receive the full course certification and title of Accredited and Certified Neuroheart Educational Coach. When a school has a total of ten teachers with the certification and accreditation, the school will receive the accolade recognition and stamp "Neuroheart Educational Establishment".

VIRTUAL CLASSROOM FOR THE ONLINE COURSE

For the online, we use a virtual classroom software that is live and allows all course participants to see each other through the video option, speak to each other and share all kinds of media (presentations, whiteboard, video, internet access, etc.) and therefore it is just as interactive as a face-to-face course.



CONTACT

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