

# NeuroHeart Education Foundation 2024



## COURSE PORTFOLIO :

# 2.3 TEAMBUILDING/ TEAM COACHING IN THE CLASSROOM AND STAFF ROOM

## **2.3 TEAMBUILDING/ TEAM COACHING IN THE CLASSROOM AND STAFFROOM**

**DELIVERED BY  
RACHEL AND THE TEAM OF  
TRAINERS OF THE NHE  
FOUNDATION**

### **ABSTRACT**

Being part of a team always depends on the individual team members making the team "work". It is about all the members pulling their weight, being personally accountable, having a positive attitude and keeping up individual standards.

Great teams are those which are able to channel their energy into goals that unite the team. The best performing teams are those that have a clear unified purpose and each team member knows what he/she has to do to achieve the purpose as individuals and as a team, valuing each other's skills and abilities.

Trust is an important binding element for the group and ensuring that all the team members are motivated. The question is how to transform classroom and staff room members into working together as a team.

### **STRUCTURE**

This course comprises of 8 hours  
4 x 2 hour sessions either online or face to face

# COURSE CONTENT

- What is Team Coaching and what does it comprise of?
- 8 principles of top team coaching by Marc Lammers
- What is the truly cohesive team?
- Basics of team coaching
- The role of the Team Coach
- TEAM – in light of team coaching
- How can a team coach achieve this in practical terms?
- Emotional triggers in groups
- Creating trust and psychological safety in Practice
- Coaching conversations with groups





## 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. She is a professional coach with the PCC Credential from the International Coaching Federation and also holds an MA in both Applied Neuroscience and Neuroeducation and Neuropsychology.

In 2020 Rachel realised her dream in creating the NeuroHeart Education Foundation, with a vision to transform teaching. The foundation seeks to make teacher communication more sensitized, optimised and effective; incorporating emotional intelligence, science of learning, heart science and coaching, to equip teachers with the necessary soft skills and communication skills for the diverse learners of today.

The foundation is offering training courses to teachers, schools, universities and educational institutions across the world, focusing on changing the way we teach, as well as teacher and student well-being, to enhance education in this globalized 21st Century world

## CONTACT

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