

NeuroHeart Education Foundation 2024



COURSE PORTFOLIO : **2.5** COACHING AND MENTORING FOR INDIVIDUAL OR GROUPS OF TEACHERS



2.5 COACHING AND MENTORING FOR INDIVIDUAL OR GROUPS OF TEACHERS

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

ABSTRACT

We are pleased to be able to offer individual coaching and mentoring sessions for teachers and educators to sound-board, brainstorm and troubleshoot.

Teaching and schooling may bring personal challenges to teachers and sometimes having a coach as a neutral sounding board helps to talk things through to reach insights and solutions.

Coaching sessions are not about the coach telling the coachee what to do, they are more about coachees discovering and revealing their own path forward or solutions. If the coachee would like input from the coach, the coach may share his or her expertise, but only upon the request of the coachee.

STRUCTURE

Coaching sessions may be booked for individuals as one hour coaching sessions.



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

Neuroheart Education Foundation
Ap de correos 29
43470 La Selva del Camp
Tarragona
SPAIN



+34 675 689 843



team@neurohearteducationfoundation.com



neurohearteducationfoundation.com



NEUROHEART
EDUCATION
FOUNDATION