

Pilgrims

Teacher Training 2016 NLP & COACHING FOR TEACHERS

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| Course Dates: 3 July – 16 July 31 July – 13 August | Course Location: University of Kent at Canterbury University of Kent at Canterbury | Course Fees: £1175 £1175 | Course Codes: TNP28 2 weeks TNP32 2 weeks |
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**Please note: This course is available as a two week programme only.
You can also add this course to your Europass CV.**

Target audience

- Teachers of English, especially from secondary level and above
- Teachers trainers
- Academic managers
- School owners and principals
- You will need an **advanced level of English (C1 and above)** to participate on this course
- An NLP or similar background is also a recommended pre-requisite for this course

Course summary

This course is very useful for teachers who want to find new, more effective ways to encourage students to work towards resolving their own challenges, set goals, and helps develop a sense of responsibility for their learning. The course also provides a large amount of English practice throughout.

Programme of the training activities

- What is coaching? Working definitions
- Making desired changes
- Understanding emotional attitudes in oneself and in others
- How understanding emotional attitudes in oneself and in others affects accomplishing a task
- Seeing a situation from the point of view of others
- Realizing how our actions and words effect others
- Understanding your values and the values of others
- Using coaching in a group via cooperative learning strategies
- Using outcome thinking strategies
- Understanding different levels of coaching

Description of training content

Preparation

Each applicant needs to send in a Teacher's Profile 4 weeks before the course outlining hopes and objectives for achievement as a result of attending this course. This action plan will be forwarded to the trainer.

Objectives

This course aims to focus on new skills and practices to educators wanting to improve their ability and confidence in teaching at its highest level.

Expected results

As a result of attending this course participants will be more empathetic teachers and more effective communicators.

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Programme of the training activities day by day:

Please note this is an **example** of a daily programme. Course content may often be usefully adapted to incorporate the needs of each specific group.

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|------------------------------|---|--|--|
| Morning 9:00 - 10:30 | Getting to know the expectations of the group | What is NLP? | Qualities needed for coaching | Values and beliefs as learning blocks | Understanding differences – the perceptual positions |
| 11:00 - 12:30 | Outcome thinking/ setting goals for the course and as a tool for your students | The 4 pillars of NLP Rapport | The GROW model of coaching and how it combines with an NLP approach | Changing beliefs in a one to one session | The inner game of coaching and inner rapport |
| Afternoon 14:00 - 15:30 | Defining coaching and its uses in education | Rapport | Feedback and stretching | Sensory acuity- noticing small changes | Week review and feedback |

| WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|---|--|---------------------------------------|---|
| Morning 9:00 - 10:30 | Co-operative learning used as a classroom coaching tool | Repeated patterns: Levels of learning and change using Dilts logical levels | Mentors and mentoring Re-framing Tool Box | Meta-language practice | Group project and presentation |
| 11:00 - 12:30 | Dealing with different personality types | Levels of Learning Practical Exercise | Beliefs assessment | Coaching practice session | Course summary |
| Afternoon 14:00 - 15:30 | Empathetic listening | Guest Speaker: Other Models of coaching | Meta-language: The Language of Coaching | Feedback on coaching practice session | 'A letter to the future' final feedback and farewells |

Recommended reading:

- "From Coach to Awakener" R. Dilts (Meta Publications) 2003

Please note to do not need to buy or bring this book to the course with you.

Type of certification awarded:

Attendance certificate detailing topics covered, course content and the number of training hours.

Is this the right course for me?

- Yes, if you're looking for new tools to make changes happen
- Yes, if you're looking to become a more effective communicator and classroom leader
- Yes, if you want to a course that gives personal development and skill acquisition

If this is not the right course for you, please consider the following:

- *Dealing with Difficult Learners*
- *How to be a Teacher Trainer*

Contact details:

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